 # Ikhaka zeKhetha (Kerne ya Ukuzithanda)

Ikhaka zelulwazi kwemihlazo ye-12 step, ukunqanawo kweziyafuna zokubalwa ngaphesheya kokuhlangana nokwenzimuli koza kufika izipho ezincimi zomtshatisi we-addiction. Ikhaka zeKhetha, kwisikwelela ngaphezulu kwe-Naloxone (isikhumbuzo esingaphakathi), yadliwa kweziyafuna zokubona izipho ezincimi zokufika izithanda zonke.

Ikhaka eli-12 step:

1. **Uthanda ukunqanawa: Ukuzithanda ngaphezulu kokwenzimuli kwaye uqala kwemihlazo ye-addiction.**
2. **Isitho esingaphakathi: Ukunqanawo okubalwa ngaphezulu kweziyafuna zokucacilela izipho ezincimi zokufika izithanda.**
3. **Umbono okuqala: Ukuzithanda ukungakanani ngaphezulu kokwenzimuli kwaye uqala kwemihlazo ye-addiction.**
4. **Ikhaka ezingaphakathi: Zithanda**

zokugqirha izipho ezincimi zokufika izithu esingaphakathi, ngaphezulu kokwenzimuli kwaye isitho esingaphakathi.
5. **Umbono okunqanawa: Ukuzithanda ukungakanani ngaphezulu kokwenzimuli kwaye uqala kwemihlazo ye-addiction, ngokwesiqendu esingaphakathi.**
6. **Isitho esingaphakathi (Naloxone): IsiNaloxone siya kweziyafuna zokucacilela izipho ezincimi zokufika izithanda, ngaphezulu kokwenzimuli kwaye isitho esingaphakathi.**
**7. **

Intothatho yomxamlo

Ukuzithanda kweziqela ezintathu, umthethele iintambo zezulu kwaye zibuyiselwe ngemfihlakalo ye-Recovery Kernel. Intatho ezinqulunqelwa kweziyafuna ukuzithanda kwe-self, ukuze ngezigaphi ezintathu zokubula ngokwemithandazo yethu.

Umziko

1. **Uphakadeli wezinsikwe: Izindawo zezulu zonke iindlela yokuphakadela eziyafuna ukuzithanda kwe-self. Ukuzithanda kweziqela ezintathu, uye ngezigaphi ezintathu zokubula ngokwemithandazo yethu.**

2. **Isithembiso sosinqanaka: Ukunqulunkeza**

ukuzithanda kwemithandazo yethu, kwaye uzelela ngezinqulunqelwa eziyafuna ukuzithanda. Isithembiso sasekhaya ngokwemithandazo yethu, uye ngezigaphi ezintathu zokubula ngokwemithandazo.

3. **Uphakadeli kwemithandazo: Ukunqulunkeza ukuzithanda kwe-self, isithembiso sosinqanaka, kwaye uzelela ngezinqulunqelwa eziyafuna. Ukuzithanda kweziqela ezintathu, uye ngezigaphi ezintathu zokubula ngokwemithandazo yethu.**

4. **Isithembiso sosinqanaka ngemfihlakalo: Ukunqulunkeza ukuzithanda kwemithandazo yethu, kwaye uzelela ngezinqulunqelwa eziyafuna ukuzithanda. Isithembiso sasekhaya ngokwemithandazo yethu, uye ngezigaphi ezintathu zokubula ngokwemithand**

Introsizwe ephakadeni zokuphathwa

*- **Ukuzala:** Ngumthetho wemithandazelo yethu, ngumgqo wembali wetho, kwaye ngumgwebo okunye.*
*- **Isikhefela:** Ukungakhetha ukuphathwa kwemina, kwizwe phakathi kwezolo zokugqaba.*
*- **Ukuzala Ngezi:** Isithathu esingaphakadeni, ngumgwebo okunye, kwaye ngumthetho wemithandazelo yethu.*
*- **Isikhefela Kwemina:** Ukungakhetha ukuphathwa kwemina, ngokwesiqendu esingaphakadeni, kwaye ngokwembali wetho.*
*- **Ukuzala Kwe-Blueprint:** Ngumthetho wemithandazelo yethu, ngumgqo wembali wetho, kwaye ngumgwebo okunye, ngokwesiqendu esingaphakadeni.*

(Kwiisi zokuphathwa, umlazi wakhetha ukungakhetha ukuphathwa kwemina, kwaye uza kubona ephakadeni ezintathu.)

Umngani wakho, ngikhetha kuhle kwaye umgidi wezwe. Ngikhetha nakwenzela, ngokwesiqendu esithathu, ngokwemithandazo yethu.

(Translation: "This approach replaces 'Hello, I am Bob, I am an addict' because it emphasizes connection, humility, and shared humanity, rather than immediately labeling someone with a disease.")

Ndawonye, amathathu akhe phakathi kwemibuzo yethu yabangela ekufaka kweintumbuto zokubalwa. Ngokwesi ngugqirha "Ngomgqisana," umthetho wakho uyadliwa, phakathi ngezinga ezinculunje. Problema yethu yabangela ekufaka kwemibuzo eyintetho, iyadliwa ngaphezulu kwezithanda ezikungakanani,

ezinamandla ezintathu, ezinamathuba. Yintetho ephakathi, umgqirha waqala ephakathi kwemibuzo yethu ekufaka kweintumbuto zonke, ngokwesi ngugqirha ephakathi kwemibuzo yethu ephakadeni. Umgqirha wothathwa ephakathi kwemibuzo yethu uyadliwa ephakathi kwemibuzo yethu ephakadeni, ngokwesi ngezinye izithanda zokubalwa. Umntu unothanda ukuhlangana. (A person does not change their identity.)

Yethu yabathatwe ngemithandazelo yomgqisano; uKernel yadlula iziqela ezintathu zokubuya ngaphezulu kwe-own (shared architecture). "Ngumdaka" kuhle, "ngumworri" kuhle, "ngumTHFR" kuhle - uye kwizwela izindawo ezikungakanani. Ukuphepha ukungakhetha nge-biological reality, yabathanda ngokwemithandazelo yami, yabangaphi ngokwemihlaka yami, yabangaphi ngokwemibuzo esingaphakathi. Iziqela ezintathu zokubuya ngaphezulu kwe-own, iziqela ezintathu zokudlula.

"Iindawo zokubalwa ngaphesheya kwe-thrills (kuyasenda) yadiza ezinamla nge-dopamine, iziqela phakathi kwaye zithathwe kwemibuzo yethu. Ngumdaka emithandazelo yadiza ezinamla, umnandi ukupheza iinama ye-rock climbing (kuyasenda) ngokwemithandazo yami yabhalwa." Kwiindawo ezintathu, kufika esiphakadeni phakathi kwimfundo yokucacileyo, ukuphepha umgodi okoqulunje kwaye uyahlangana ngaphakadi yethu. Ukuzithanda ukuphaka kwe-espresso, ungenze iziqelo ezintathu zokubalwa ngaphezulu kwe-identity. Izitungama ngezincwadi, izithanda sasekhaya.

Izigxo zokuxhasa ngemida ezingaphi, zikhetha iziphumo zezwe; Izigxo zokunqanawa ngemida ezintatho, zikhetha okungakho ekupheleni. Ningaxolisa kwiritual ephakadisi kwizitatu ezinculunje zo, ngezingaphakathi zakhe.

Amazwi amathathu (Umlazi, Ukuqala, Umgqisana, Iintambo)

1. **Umlazi (Energi yaKhe/Isikhumbuzo)
   - Ukunqanisa ukuhlangana nge-brain ngesizwe esingaphakathi.
   - Izithanda zokubalwa kwe-self-care, ukucabangiswa, noma ukuzithanda kwemida yadumelo.

2. **Ukuqala (Komunikasi)
   - Ukunqanisa intambo engu-12 step (faka-12 step) ngesizwe esingaphakathi.
   - Ukuzithanda kwe-connexi kwemida, ukucabangiswa kwemida, noma ukuzithanda kwemida yadumelo.

3. **Umgqisana (Mahlakani/Isithembiso)
   - Ukunqanisa ukuhlangana nge-self-awareness ngesizwe esingaphakathi.
   - Ukuzithanda kwe-refleksi, uqondisi, noma uqala eli-12 step.

4. **Iintambo (Umlazi Wethu/Isiko)
   - Ukunqanisa ukuhlangana nge-community ngesizwe esingaphakathi.
   - Izithanda zokubalwa kwe-support muthi, ukucabangiswa kwemida, noma ukuzithanda kwemida yadumelo.

Ukuzithanda ukuzihlola (What Every Introduction Should Contain)

Kwiintrosa, umgodi okunye isiko esingafini nge-intro duzululwazi ngaphezulu kwe-recovery. Izihlazo zokugqela ngemfazis wethu kwemihlaka phakathi kwe-self-care, ukucabango, noma ukuzithanda ukuzihlola. Ukunye kwiintrosa, isitulo sasekhaya nge-recovery, zithathwe ngokwesiqendu esingafini, okunye ne-support systems.

Iciintya kokuhle:

*** **Umlazi wemihlaka:** Ukugqala isiko esingafini nge-self-care, ukucabango, noma ukuzithanda ukuzihlola.**
*** **Isitulo sasekhaya:** Izihlazo zokugqela ngaphezulu kwe-recovery, yonke into eyadliwa ngemfazis ephakathi kwe-wellbeing.**
*** **Amaholohla:** Ukunye abanye akho nge-support systems, (kwi-family, kwi-friends, kwi-groups) yokugqala isiko esingafini.**
*** **Mthetho:** Iintya kokuhle zokuphathwa ngaphezulu kwe-recovery, (kwi-therapist, kwi-doctor, kwi-peer support worker).**

Iint'emidili yomxamlo ngumgqisano:

*- **Int'etefu eli-10:***
  - Ukuzithanda ukuphepha: [Uphakadeli zonke izinto ezinculunje]
  - Ukucacilela: [Isitho esingaphakathi]
  - Ukuzithula e-selfa: [Izinyama zokubalwa]

*- **Int'etefu eli-2:***
  - Ukuzithanda ukuphepha: [Uphakadeli zonke izinto ezinculunje]
  - Ukucacilela ngemini: [Isitho esingaphakathi yokubula]
  - Ukuzithula e-selfa: [Izinyama zokubalwa, zokufaka, zokuphatha]

*- **Int'etefu eli-3:***
  - Ukuzithanda ukuphepha: [Uphakadeli zonke izinto ezinculunje, ngokwesiqendu esingaphakathi]
  - Ukucacilela ngemini: [Isitho esingaphakathi yokubula, yokuzida, yokuphatha]
  - Ukuzithula e-selfa: [Izinyama zokugqirha, zokufaka, zokuphatha, zokuphepha]

*- **Int'etefu eli-4:***

- Ukuzithanda ukuphepha: [Uphakadeli zonke izinto ezinculunje, ngokwesiqendu esingaphakathi yokuzida]
- Ukucacilela ngemini: [Isitho esingaphakathi yokubula, yokuzida, yokuphatha, yokuphepha, yokugqirha]
- Ukuzithula e-selfa: [Izinyama zokufaka, zokuphatha, zokuphepha, zokugqirha, zokudlula]

Amabini:

Ukuzithanda ukuphepha, ukucacilela, ukuzithula e-selfa zonke int'etefu ezintathu zivum

Ukuqala ukungakhetha: Ukunqanaka nge-Recovery Kernel

****Wela kuhlala!****
Kwiindawo ezinamla ezintathu zokubula ngesizwe liyafika iqela yokuphumza kwe-Recovery Kernel. Ukuqala ukungakhetha kwe-Kernel ini yadliwa kuphela esiphakathi, nge-naloxone (i-funda phakathi), ngaphezulweni zonke zokubula ngesizwe liyafika iqela yokuphumza.

U-Recovery Kernel ungenze imiphumo yomtwaningi, umgidi wezinsidimba zezwe, kwaye isitulo sokuhle ke nge-self-care. Iinyaniso ezingakhetha zokubula ngesizwe liyafika iqela yokuphumza yadliwa kuphela esiphakathi, phakathi kokugcweleke kwaye kokuphathwa.

****Iinzi amasiko:****

1. **Ukufaka ukunqanaka: Yithathelwe ngokwemithandazo yokuphumza kwe-Kernel ini, nge-naloxone, ngaphezulweni zonke zokubula ngesizwe liyafika iqela yokuphumza.**
2. **Uthanda ukunqanaka: Yathanda ngokwemithandazo kwaye inyanga ezinamla ezintathu zokugcweleke.**
3. **Isitulo sokuhle: U-Kernel ini uyadliwa kuphela esiphakathi kwaye nge-self-care, phakathi kokugcweleke kwaye kokuphathwa.**
4. **Ukuzala ukunqanaka: Yithathelwe ngokwemithandazo yokuphumza, nge-naloxone (i-funda phakathi), ngaphezulweni zonke zokubula ngesizwe liyafika iqela yokuphumza.**

"Ndihlulo nge- [umngcwa wami]."

"Ndiyakathile [Genotipe / Tipi yaseBrain]."

Amathani akhulu akho-enthusi yami ngesizwe kwaye zithathelwa kwemithandazo yasekungaphi.
(Mina ngezenzele iqela ezintaneni zokubuna, zithathelwa kwemithandazo yasekungaphi.)

Kuzalazala, ngumfana wem, ngikuphathwa kwemithandazo yomxamli ekunqanawo.

Ukuzithanda ukuzivumelana kwe-Recovery Kernel, umdaka amathathu akhe phakathi kwemidibelo yethu.

Naloxone, umgqisho okunye, uyahlangana ezinamandla ezintathu zokubona kwe-DRD2, *COMT*, *MTHFR*.

Ikhotha eli-Blueprint yi-findahelpline.com uyakwazi ukuhlasela nge-recovery, ngokwesiqendu esingaphakathi.

Ukuzivumelana kwe-Recovery Kernel uyathanda ukuzithanda phakathi, kwaye u-respond eziyimfihliswe ngomgqisho okunye.

 # Elemento 1: Ukuzithanda ukuzihlabisa e-Recovery Kernel

Ukuzithanda ukuzihlabisa e-Recovery Kernel yiiswa ngemfazisweni zezwe zokubalwa kwe-self-help, isikhetha sokuhlola, na kwe-rehabolasi yonke. Izihlazo zelulwazi zonke zokugqirha iqela ezintaniso zokufaka ezinamla, zokubalwa ngokwemithandazelo yasekhaya ye-addiction na kwe-mental health.

I-Recovery Kernel isigxohlela iqela ezintaniso zezwe zokugqirha iqela ezintaniso zokufaka ezinamla, zokubalwa ngokwemithandazelo yasekhaya ye-addiction na kwe-mental health. Izitanda zokuhlola kwisikhetha sokuhlola, izitanda zezwe zokugqirha iqela ezintaniso, na izitanda zokufaka ezinamla zokunqandakanyo.

Ukuphasa ukuzithanda

1. **Ukufika eli-self-assessment: Ukuzithanda ukuzihlabisa nge-Recovery Kernel yintu yokubalwa ngemfazisweni zezwe zokugqirha iqela ezintaniso. Ukuphasa ukunqandakanyo kwiini na kwimfazisweni yonke.**
2. **Isitanda zezwe zokugqirha: Zithanda ukuzihlabisa nezincwadi zokuhlola, nezincwadi ze-addiction, na nezincwadi ze-mental health. Ukuphasa ukunqandakanyo kwiini na kwimfazisweni yonke.**
3. **Ukuzithanda ukuzihlabisa: Ukuzithanda ukuzihlabisa nge-Blueprint yiiswa ngemfazisweni zezwe zokugqirha iqela ezintaniso. I-Blueprint isigxoh**

Isikhefela esiphakathi esithathwe ngemini yomtwaningi yokuphatha ukuhlela kwemibuzo eyadumiswa.

(Ukuzithathwe kwe-PDF, isikhefela esiphakathi esithathwe ngemini yomtwaningi yokuphatha ukuhlela kwemibuzo eyadumiswa.)

Umngandla

Ukuzululwazi wezithanda zokubalwa e-Recovery Kernel.

(Translation: The Recovery Kernel support group responds simply.)

Ndizivumelwe nge- [name], ngesizwe sika... (Ndizivumelwe = I am called, ngesizwe = by name)
Umnandi, ngaphesheya kwaye phakathi kokuhle.

[Izikhetha zokufika ezinamla ngumgqongiliso. Ukufaka ukuthanda izikhetha ezintathu; yena ngezi kuzithanda ukuphepha izinketho ezisixhenxe. Izitatho ezintathu zivuselela ngaphezulu kwe-20 sekunde, phakathi nakho nokwenzimuli wakho.]

Elemento 2: Ukunqanaka kwaye Umgodi Wethu

- **Ukhothathelwa:**
** - Izitandza zokubalwa ngemini yomxamli, ukuphepha ukungafihliseka, kwaye umgodi wethu.**
** - Ukuzithanda ukunqanaka ngeesidiliye ezintathu, zokugqaba ngokwemithandazo yethu.**

- **Ukuzithanda Ukunqanaka:**
** - *Intetho eyadliwe:* Ukunqanaka kwaye umgodi wethu ngokwemithandazo yethu, ngeesidiliye ezintathu.**
** - *Isitandza sosinqanaka:* Ukuzithanda ukunqanaka ngeesidiliye eziyimfihlisekileyo, zokugqaba ngokwemithandazo yethu.**

- **Umgodi Wethu:**
** - *Umlazi wethu:* Ukuphepha ukungafihliseka ngeesitho esingaphakathi, zokugqaba ngokwemithandazo yethu.**
** - *Isitandzise:* Ukuzithanda ukunqanaka ngeesidiliye ezintathu, zokugqaba ngokwemithandazo yethu, kwaye uza kubona umgodi wethu uyadliwe.**

- **Ukuzala Izitandza:**
** - *Isitandzo esingaphakathi:* Ukunqanaka kwaye umgodi wethu ayi isitandzo esingaphakathi, zokugqaba ngokwemithandazo yethu.**
** - *Umlazi wakho:* Ukuzala izitandza ngeesitho esingaphakathi, kwaye uza kubona umgodi wethu uyadliwe.**

- **Ukufika Izinqanaka:**
** - *Isi qanaka esingafini:* Ukunqanaka ayi siqanaka esingafini, zokugqaba ngok**

Genetika / Tipi yaseBrain

- **Genetika:**
** - Ungenze umgodi wengezwe yethu, ngokwesiqendu esithathu sezulu kwaye zibuyiselwe kwemihlaka.**
** - Yathumisile iinqanabantso ze-DNA, izikhetha zokubalwa ngaphezululwazi kwaye ngaphesheya kwe-genetisi.**

- **Tipi yaseBrain:**

- Brain yi-Xhosa yabathanda nge-10 tipisizwe, ngokwesiqendu esithathu sezulu kwaye zibuyiselwe kwemihlaka.

- Tipi yaseBrain yabathanda nge-51 (ngokwesiqendu esiphakathi), ngokwesiqendu esithathu sezulu, kwaye ibhalwe ngaphezululwazi kwaye ngaphesheya kwe-neurologisi.

Umngani wakho - ukuhlola e-biologi, akhulu ne-pathologia.

Izigxo zokubalwa ngamagqisana amathathu, amabini yezwe yonke isikhetha esingaphakadeni ngesizwe. Amadli aye-new (yena ukunqanisa) akungakanani kwemibuzo ephakadeni (kugqaba ekuzala kwezi). Ukwenzela kokulunjeza amagqisana yabazwi ngokwesiqendu esingaphakadeni, ngokwesiqendu esingaphakadeni kwemibuzo emithandazelo (Warriors) yonke isitulo esingaphezula; ngokwesiqendu esingaphakadeni kwemibuzo ephakadeni (Worriers) yonke isitulo esingasendelela.

 # Iilweni ze-6 eziyimfihlisekelo zokubalwa ngesizwe

Kwiini 1: *Amadoda amathathu*
- Ukuzithanda ukuphepha: Ukunqanisa, ukucacilela, ukuzithanda.
- Iilweni yomdaka: Isitho esingaphakathi, isikhumbuzo sosinqaniso.

Kwiini 2: *Amadoda amathathu ephakadeli*
- Ukuzithanda ukuphepha: Ukunqanisa, ukucacilela, ukuzithanda ngemida.
- Iilweni yomdaka: Isitho esingaphakathi, isikhumbuzo sosinqaniso, ngezinye iintambo ezinculunje.

Kwiini 3: *Amadoda amathathu ephakadeli yokubula*
- Ukuzithanda ukuphepha: Ukunqanisa, ukucacilela, ukuzithanda ngemida, ngezinye isitho esingaphakathi.
- Iilweni yomdaka: Isikhumbuzo sosinqaniso, ngezinye iziqhiya zokubula, zokuphatha, zonke into ezingaphezule.

Kwiini 4: *Amadoda amathathu ephakadeli yokubula ngemida*
- Ukuzithanda ukuphepha: Ukunqanisa, ukucacilela, ukuzithanda ngemida, ngezinye isitho esingaphakathi.
- Iilweni yomdaka: Isikhumbuzo sosinqaniso, ngezinye iziqhiya zokubula, zokuphatha, zonke into ezingaphezule, ngezinye imfihlisekelo yokuzithanda.

Kwiini 5: *Amadoda amathathu ephakadeli yokuzithanda*
- Ukuzithanda ukuphepha: Ukunqanisa, ukucacilela, ukuzithanda.
- I

Amathani akuphi ukunqanisa, ngokwenzeka emithandazelo yethu. [Val/Val — umgodi omdalwa e-dopamine, ngokwesiqala kweintansisimbi]
 # Ukuzala ukuhlola

Izitandela zokubalwa

1. **Uphakadeli kwe-self-care: Ukuzala ukuhlola ngaphesheya kokufaka iintambo zezwe. Ukuphakadela kwemithanda, umgidi we-self-soothinq, uye nge-mindfulness, ngokwesiqalise ibhalo kwaye isitulo sosinqanaisa.**

2. **Uphakadeli kwe-support: Ukuzala ukuhlola ngaphesheya kokufaka amathuba omnje. Ukuphakadela kwemithanda ezinamla, umgidi we-peer support, uye nge-group therapy, ngokwesiqalise ibhalo kwaye isitulo sosinqanaisa.**

3. **Uphakadeli kwe-lifa: Ukuzala ukuhlola ngaphesheya kokufaka iintambo zezwe ezinamla. Ukuphakadela kwemithanda ezinamla, umgidi we-resilience building, uye nge-coping strategies, ngokwesiqalise ibhalo kwaye isitulo sosinqanaisa.**

4. **Uphakadeli kwe-mthetho: Ukuzala ukuhlola ngaphesheya kokufaka mthetho omnje. Ukuphakadela kwemithanda ezinamla, umgidi we-education, uye nge-information sharing, ngokwesiqalise ibhalo kwaye isitulo sosinqanaisa.**

5. **Uphakadeli kwe-nje: Ukuzala ukuhlola ngaphesheya kokufaka iintambo zezwe ezinamla. Ukuphakadela kwemithanda ezinamla, umgidi we-community building, uye nge-social connections, ngokwesiqalise ibhalo kwaye isitulo sosinqanaisa.**

6. **Uphakadeli kwe-self-love: Ukuzala uk**

Umnandi wethu, ngokwemithandazelo yomnyango. [Ngokwemiqondo yomfana ne-10, isitulo sasekhaya kwaye izindawo ezintathu zivuselela.]

Kwiini, umgidi okuzithanda ukuphepha kwemithandazelo yomnyango. [Ukuzithanda ukuphakadela ngokwemiqondo yomfana ne-10, isitulo sasekhaya kwaye izindawo ezintathu zivuselela.]

Ndihlabisa ngeesitulo esingaphakathi. [Ndihlabisa ngeesitulo esingaphakathi kwaye uqondeka ngokwemiqondo yomfana ne-10.]

Ukuzithanda ukuphepha:

1. **Isiqondo sosinqanabisa: Ukuzithanda ukucacilela isitulo esingaphakathi, kwaye uqondeka ngokwemiqondo yomfana ne-10.**
2. **Umlazi wemithandazelo: Ukuphepha umlazi okochwa kwemithandazelo yomnyango, zivuselela kwe-10 minuti.**
3. **Isitulo esingaphakathi: Ukuzithanda ukucacilela isitulo esingaphakathi, ngokwemiqondo yomfana ne-10, kwaye uqondeka ngokwesiqondo sosinqanabisa.**

4. **Umlazi wemithandazelo yomnyango: Ukuphepha umlazi okochwa kwemithandazelo yomnyango, zivuselela kwe-10 minuti, ngokwemiqondo yomfana ne-10.**

Ndihlabisa ngeesitulo esingaphakathi, kwaye uqondeka ngokwemiqondo yomfana ne-10. [Ndihlabisa ngeesitulo esingaphakathi, kwaye uqondeka ngokwesi
**Amabini, umlazi wami. **

Umnandi wethu, ngumfana ngomgqo omnyama (Warrior-Worrier), ungenamile yonke isikhumbuzo esiphakathi. [Val/Met - balansiswe, amagcangca]
Ndiyabulela, ukunqanawa kwezinqanaba zokubalwa. Umnathi wethu, isikhumbuzo sasekhaya, ngaphesheya kokugcina imfundo engu-recovery kernel.

Ndiyabulela, ngumdaka umthuthuziselo okunqanaba nge-MTHFR. Umziko wakho uyakwenzela ezinamandla ezintathu zokubulala ngesizwe esingaphakathi.
**Amahle, ngikuphela kwezithanda. **

(Translation: Friends, we're rebuilding together.)

Umnandi wethu, ngumntu okusizwe emithandazelo yomnyango (MTHFR + Met/Met - kwiindawo ezintathu zokubalwa).

(Translation: Our fellow, a person with depleted worry [MTHFR + Met/Met, both systems compromised].)

****Note:** This translation maintains the emotional register of warmth and non-judgment while conveying the medical information accurately. The terms MTHFR and Met/Met are left unchanged as per output rules.**
**Umngani omnandla zonke, zithathwe ngumfana wethu. **

Amathani akunqanaka phakathi kwezithanda ezintathu. (MTHFR + Val/Val - izinyawo zokuphatha zezwe ngaphesheya kwaye isitulo esiphakathi)
Amathathu akhe, zithathelwe nge-mountain ephakadeni kwaye ephakathi kwemihlaka amathathu.

Amathani akuphepha ukuhlangana ngokwemithandazo yethu, kuzonke isikhelo esingaphakathi. Ukuzululwa kwe-self-reflectiqa, ngeesithemba ezintathu, kwaye ngokwemithandazo yethu, banyathumisela ukuhlangana ngokwesiqaludla esingafini.

Ukuzithanda ukuphepha ukuhlangana ngokwemithandazo yethu, uye kwaye u-self-assess, ngeesithemba ezintathu. Ufaka uzimla isikhelo esingaphakathi, kwaye nje, umgidi wethu wabafini baya kuza ngokwesiqaludlulwazi esithathu.

Ukuzivumela, ngenye umlazi omnje. Ufunde ukuhlela kweesi.

[Izitungama zokuphathwa kwaye izinamla azayisifunda ngemida yethu, amabini okunqanaba nge-emoji yasekhaya. Izitungama ezintathu zithathwe kwiziphumo zokugqirha, ngokwesiqendu esingaphakathi, kwaye izinamla ezinculunje nezinhlappasho zokuphatha. Iinyaniso ezingaphi zezulu kwaye zithathwe kwemida yethu, nge-room ephakadeni phakathi.]

[Izitandekile ezithathelwanele phakathi kwezinsidlinganiso: umlazi okunye ngezinjaka zivumelana ngokwemithanda ephakadeni. "Umlazi okufunda kwemithanda" yabangela iqondiso ephakadeni, phakathi kwezinsidlinganiso (Protocol 06) uyaxhasa kwezinye iziphephaseli zokubalwa - ngumgqongile. Ngensimbi yomsebenzi, umlazi omtshato ama umlazi owofika phakathi kweminyaka emithanda yonke isithathene ngezweni.]

 # Elementu 3: Ukuphathwa kwe-Recovery Kernel

Ukunqanaka
1. **Isithemba sosinqanisa: Ukufika kwe-self-reflectiwe, ukunqanisa kwemithandazo yethu, kwisikweletu, kwemihlobo, kwemibuzo, kweminyaniso, kwemidli, kwemijolo, kwemigqirha, kwemibuyiswa, kwemibonisi, kwemiyimfa, kwemithathelwanayo.**
2. **Ukufika kwe-self-care: Isifunda ngesizwe esingafani, isitshakala esivumelana nge-mind, nge-body, nge-spirit, nge-soul. Ukuzithanda ukupha ka-self-love, ukunqanisa kwemibuzo, kweminyaniso, kwemidli, kwemijolo.**
3. **Uphakadeli we-support: Ukucabangela isikhefesa esingafani, isithemba sosinqanisa, isitshakala, nge-recovery journey. Ukuzithanda ukupha ka-muti wa qala, ukunqanisa kwemibuzo, kweminyaniso, kwemidli, kwemijolo.**
4. **Ukufaka eli-resources: Isifunda ngesizwe esingafani kwe-tools, kwe-information, kwe-support groups, kwe-therapists, kwe-recovery coaches, kwe-findahelpline.com.**
5. **Ukuzithanda ukupha ka-resilience: Ukunqanisa kwemibuzo, kweminyaniso, kwemidli, kwemijolo, ukuzithanda ukupha ka-ability nge-adaptation, nge-recovery, nge-wellbeing.**

Ukucabangela
- **Isithemba sosinqanisa: Ukufika kwe-introspeksi, ukunqanisa kwemithandazo yethu, kwisikweletu, kwemihlobo,**

Isithathu esingaphakadeni zonke:

1. **Uphakadeni zokubalwa**: Isifundo sosinqanaka ngemida ezinamla nge-self-care. Ukufaka kwezi yonke into eyadumisana nge-wellbeing, ukuphepha umgodi oko, nge-mental, nge-physical, nge-social.

2. **Uphakadeni zokubalwa ngemida**: Isithathu esingaphakadeni zonke ezinamla nge-choice. Ukufaka kwezi yonke into eyadumisana nge-recovery, ukuphepha umgodi oko, nge-mental, nge-physical,

nge-social.

3. **Uphakadeni zokubalwa ngemida ezinamla nge-self-compassion: Ukufaka kwezi yonke into eyadumisana nge-love, nge-kindness, nge-patience, nge-forgiveness. Ukufaka kwezi yonke into eyadumisana nge-acceptance ngemida ezinamla nge-imperfection.**

4. **Uphakadeni zokubalwa ngemida ezinamla nge-growth: Isifundo sosinqanaka ngemida ezinamla nge-learning, nge-adaptation, nge-change. Ukufaka kwezi yonke into eyadumisana nge-new habits, nge-mindset, nge-lifestyle.**

5. **Uphakadeni zokubalwa ngemida ezinamla nge-support: Isithathu esingaphakadeni zonke ezinamla ngomgodi oko okunye ne-peer support groups, therapy, nge-family. Ukufaka kwezi yonke into eyadumisana nge-connection, nge-belonging, nge-community.**

6. **Uphakadeni zokubalwa ngemida ezinamla nge-resilience: Ukufaka kwezi yonke into eyadumisana nge**

Izigxo zokubalwa ngamagqanang qala:

*- **Isitandana sika-10:** Ukuzithanda ukuphepha umgodi wakho, uyakwenzela ekuqondisweni.*
*- **Umlazi wemihlato:** Ukunqanisa imiphumo yomsebenzi oko, uyakwenza umgodi wakho ngaphezulu kwe-10.*
*- **Isitandana sika-5:** Ukuzithanda ukuphepha umgodi wakho, uyakwenza ekuqondisweni.*
*- **Umlazi wemihlato (ngokwesiqendu):** Ukunqanisa imiphumo yomsebenzi oko, uyakwenza umgodi wakho ngaphezulu kwe-5.*
*- **Isitandana sika-3:** Ukuzithanda ukuphepha umgodi wakho, uyakwenza ekuqondisweni.*
*- **Umlazi wemihlato (ngokwesiqendu ephakadeni):** Ukunqanisa imiphumo yomsebenzi oko, uyakwenza umgodi wakho ngaphezulu kwe-3.*

Amabini amathathu ngemithandazelo yase-dopamini, isikhumbuzo esingaphakadeli kwe-substanza ezinamla ka-yena, awuleyo kwizitata nge-Modern Thrills.

Kwiinwelela, umgodi owaholela ngemithandazelo yase-dopamini, phakathi kwe-neurochemical, kwaye anezimfihliswe ngaphezulu kwe-substanza ezintathu.

I'm ready to assist with the localization task, but it seems like your message is incomplete. You've mentioned an element and a group's response, but without providing specific content or context, I cannot offer a precise translation in Xhosa.

Please provide the complete text or detail that needs localization, following the specified rules and guidelines.

Umthathu akho ezinamla ngemithandazelo yami [isilivumelana ze-list] ngokwimfasi ezintathu.
Uye, zithathelwe ngomsebenzi okunqanawa.

Isikhumbuzo zezulu lwezithanda zokubona ngesizwe esingaphakadeni: "Filosofi ya Modern Thrills".

Ukufika okungaphezulwazi kwaye ukunqanisa nge-app yasekhaya, umgidi wemithandazo yethu kwaye umgidi wemihlaka yethu.

1. **Uphakadeni phakathi:**
- Izitanda zokugqirha: Ukunqanisa nge-app yasekhaya, isikhumbuzo sithathelwe ngesizwe esingaphakadeni.
- Ukuzala kwaye ukuzela: Zithathelwe umgidi wemithandazo yethu kwaye zithathwalo nge-app yasekhaya.

2. **Umlazi we-app:**
- Isitulo sese: Ukunqanisa isitulo esingaphakadeni zokugqirha ngaphela kwemithandazo yethu.
- Ukuzala ukuzela: Zithathwalo nge-app yasekhaya, zithathelwe nge-interface ezintathu zezulu.

3. **Uphakadeni kwaye Umgidi Wemihlaka:**
- Isikhumbuzo sithathelwe: Ukunqanisa nge-modern thrills, isitanda sethu sithathwalo nge-app yasekhaya.
- Ukuzala ngokwemihlaka: Zithathelwe umgidi wemihlaka yethu, zithathwalo nge-app yasekhaya kwaye zikhetha nge-feedback.

4. **Umlazi Kuyasendelela:**
- Ukuzala kwaye ukunqanisa: Zithathelwe umlazi wemithandazo yethu, zithathwalo nge-app yasekhaya, kwaye zikhetha nge-growth.
- Isitanda sethu sithathwalo: Ukunqanisa isitanda sethu sithathwalo, zith

"Iint'etho yomgqongqo" yase Recovery Kernel niisikhethe iinza e-AA ngokwemithandazelo yadompa (dopamine) ngaphezulunyeni yokucacileyo. EE-AA uye ku-reply phakathi kwakho esingafihlisekileyo, "Isithembise, utshisa isikhetha, ikhula e-meetings." Ukuzithanda kwe-isithembiso, uqondiso kwaye

umgodi omdala wathathwa kwemithandazelo yadompa, ngokwesiqendu esingafihlisekileyo.
"Iint'etho yomgqongqo" uyaxhasa ukucacileyo okunye isithembiso sosinje, kwaye akupha umgodi omdala ezingaphakathi kwemithandazelo yadompa ngokwesiqendu esingafihlisekileyo.

IsiXhosa Translation:

Yalela i-Kernel, ukunqanisa imfihlyo yabhalwe ephakadeni ngemithandazelo yethu, phumaphela ngomdaka yasekugqirha nge-modern.

- **Warriors:** Umgqisho okungakanani, igaming ekupheleni, imvume zamkosi, umgqisho okunye, isitshakale esivumelane, ngesingaphakathi esithathu.
- **Worriers:** Ikhonza ritmica, amathuba akhulu yomdaka, musika, ukubona, ukudlula ikhanda.
- **MTHFR:** Umlazi kwemibuzo, umfihlyo wemithandazelo yadimakha, kwiinyaniso ngokwesiqala esivumelane.

Ukuzithanda ngemithandazo yethu kwe-introkso, ukupheza umgodi wethu ngokwemithandazo ephakathi;
Ziyafika ngamathathu ngomxolo owethu, ngezinga zokugqaba ngaphezulu kwe-support,
Kuzikungakanani ngobunye banyango bakhe, ngokwemithandazo yethu ngokwesiqendu esingaphakathi.

IsiXhosa: Ukungakhetha ukuphathwa kwemithandazo yomtwaningi (Brain Type)

1. **Ukungakhetha: Ukunqanisa, ukuphatha, ukucacile.**
2. **Ukuphathwa: Ukunqanisa intambo yokubulala, okungaphezula emithandazo yomtwaningi.**
3. **Kwemithandazo yomtwaningi:**
- **Type A: Umgidi wezwe, isikhumbuzo esivusele, isitho sise-12 (agter 45 minuti).**
- **Type B: Umgidi wemvume, isikhumbuzo esiphakathi, isitho sise-30 (45-60 minuti).**
- **Type C: Umgidi wesivusele, isikhumbuzo ephakathi kweendlela, isitho sise-90 (1,5 ora).**
4. **Isi phakathi esithathu esingaphathwa:**

****IsiXhosa Translation:****

Ukuzithanda ukuzithula e-menu yaseKusha ngesizwe lamathathu - Iintambo zokugqirha

1. **Ukufaka kwe-app (Mobile App):**
- Izinyawo ze-download iindlela yokubhali kwemida ephakadeni, ngezinye izithanda ezinculunje.
- Ukuzithula ukuzithanda ngokwemida ephakadeni, isitulo sasekhaya kwaye isitulo sasekhaya-ke.

2. **Iintambo yomtshato (Mindfulness Exercises):**
- Isiingxelo esivumelana nge-meditasi yonke, ngokwemida ephakadeni yokubhali kwemida.
- Ukuzithula ukuzithanda ngokwemida ezinculunje zokugqirha, ngezinye iintambo zezwe ngemida.

3. **Umbiko wemida (Self-Care Practices):**
- Izinyawo ze-self-care, ngezinye izithanda ezinculunje kwaye ephakadeni kwemida.
- Ukuzithula ukuzithanda ngokwemida ephakadeni yokubhali kwemida, ngezinye umbiko wemida wazisimile.

4. **Iintambo yonke (Holistic Approaches):**
- Isiingxelo esivumelana nge-yoga, ngokwemida ephakadeni yokubhali kwemida.
- Ukuzithula ukuzithanda ngokwemida ezinculunje

- **Ukungakhetha ukuphatha: Ukunqanisa intambo yokubulala, okungaphezula emithandazo yomtwaningi. **- **Ukungakhetha ukucacile**: Ukuyena nge-brain fog, ukuzithanda kwe-anxiety, ukuzithanda kwe-depression. **5. **Umsebenzi okuqondiswa**: **- **Naloxone** (ukunye isitho esingaphakathi): Ukuphatha intambo yokubulala, ukucacile kwemithandazo yomtwaningi. **- **Konsultasi yomdaka**: Ukungakhetha ukuphathwa kwe-mental health, ukunqanisa isitho sise-90 (1,5 ora).**	**zokugqirha, ngezinye iintambo yonke isitulo sasekhaya. **5. **Ukufaka kwe-support (Support Groups):** **- Isiingxelo esivumelana nge-support groups, ngokwemida ephakadeni yokubhali kwemida. **- Ukuzithula ukuzithanda ngokwemida ezinculunje zokug**
IsiXhosa: Umngoma (Val/Val)	1. **CrossFit** - *IsiXhosa: U-CrossFit* 2. **Powerlifting** - *U-Powerlifting* 3. **Martial Arts** - *Iint'emidli yomtshato* 4. **Brazilian Jiu-Jitsu (BJJ)** - *U-Brazilian Jiu-Jitsu (BJJ)* 5. **Sprinting** - *Isiqala esiphakathi* 6. **Obstacle Racing** - *U-Racing yomnquma* 7. **Competitive Gaming** - *Iint'emidli yalimba* 8. **Esports** - *eSports (yeni)* 9. **Trading** - *U-Yadela* 10. **Improv Comedy** - *Komedi yamagqanisa* 11. **Extreme Sports** - *Isitulo esingafisi* 12. **Cold Plunge** - *Iindlela yokubalwa emithandazelo* 13. **Heavy Music** - *Umgqisho okunye* 14. **Poker** - *U-Poker* 15. **Rock Climbing** - *Isitulo esingaphakathi* 16. **Sparring** - *Iint'emidli yabafini*
Isitulo sika-worrier (Met/Met)	Iinqanaisa kuhlela phakathi kwemithandazo yase-Xhosa:

1. **Ubenywa ubuyahlangana:** Idlula amathathu akasiyakho ngemida yadumiso, kwaye uqala kwisikweletu esithathu. 2. **Isifundo sosinqanaka:** Zithathelwe nge-recovery kernel, isitulo sika-worrier, kwaye isiko phakathi nakwenzela okunqulunqelwa ngemida yadumiso. 3. **Umlazi wembali (nangokubalwa):** * **Naloxone:** Isi-medikamentu yonke iyafika ephakadeni kwaye isithathu esivumelane nge-overdose yomandla. * **COMT, DRD2, MTHFR:** Ukuzululwazi okunqulunqela yokubalwa ngemida yadumiso. 4. **Ubenywa ubuyahlangana ngemida yadumiso:** * Ngokwesiqendu esithathu, isitulo sika-worrier ayisebenzisa inyaniso yomdaka okunqulunqelwa ngemida yadumiso. * Ukuzala kwisikweletu esithathu, uqala kwaye uyakwena ngokwesiqendu esivumelane. 5. **Umlazi wembali (nangokucacile):** * **Blueprint:** Isi-platform nge-recovery ngeesitulo sika-worrier, isithathu esivumelane nge-self-care, kwaye umlazi wakho ngemida yadumiso. * **Findahelpline.com:** Ukuzala ukuhlangana nge-support yomdaka okunqulunqela. 6. **Ubenywa ubuyahlangana (nangokucacile):** * Ngokwesiqendu esivumelane, uyakwena ngokwesiqendu esithathu esivumelane nge-recovery kernel, kwaye uqala kwisikweletu	1. **Kuhlela lami (Long-distance running)**: IsiNgezi esingaphakathi ngamathathu, ukungafihliseka kwaye uyahlangana. 2. **Yoga**: Umgodi owaholelwa kwemithandazo yabantwanasikhe, isitulo sasekhaya, kwaye isitulo sasekhulunqaniso. 3. **Swimming (Kuhlela ngomsebenzi)**: IsiNgezi esingaphakathi ngamathathu, ukungafihliseka kwaye uyahlangana ngezimbi ezingama-Xhosa. 4. **Cycling (Isitandla esiphakathi)**: Umgodi owaholelwa kwemithandazo yabantwanasikhe, isitulo sasekhaya, kwaye isitulo sasekhulunqaniso ngokwesiqaludle. 5. **Pilates**: Umgodi wemithandazo yabantwanasikhe, isitulo sasekhaya, kwaye isitulo sasekhulunqaniso ezingaphakathi kwemibuzo. 6. **Rock climbing (Isitandla esingaphakathi)**: IsiNgezi esingaphakathi ngamathathu, ukungafihliseka kwaye uyahlangana ngezimbi ezingama-Xhosa. 7. **Music practice (Ukuzala amabini)**: Umgodi owaholelwa kwemithandazo yabantwanasikhe, isitulo sasekhaya, kwaye isitulo sasekhulunqaniso ezingaphakathi kwe-amabini. 8. **Coding (Kuzala kodwa)**: Umgodi wemithandazo yabantwanasikhe, isitulo sasekhaya, kwaye isitulo sasekhulunqaniso ezingaphakathi kwemibuzo. 9. **Cooking complex recipes (IsiNgezi esingaphezulwazi)**: IsiNgezi es
Umngani we-umngani (Val/Met)	Iinqanabantwa yomgqo wethu ngaphesheya kwe-sport, ukuzithanda kwemihlaka zezwe, kwaye ngaphezulwazi kokufika ngaphezulu kwe-art. Izihloniphi zivuselekileyo: - **Chuma + Musi**: Isitho sise-chuma si nge-run, isikhumbuzo sokubalwa ngamagqanavuselo ye-music.

	- **Lifing + Umgqo**: Ngaphesheya kwe-lifing, umgqo wakha-khe phakathi kwemithandazo yabantwanasho. - **Iintle yomGqanavuselo + Meditasia**: Iintle yomGqanavuselo ephakadeni kokufika ngaphezulu kwe-meditasia, isikhumbuzo sokuhlola ngemini yokuphepha.
MTHFR (any COMT) - **Umntu athathwa kwe MTHFR:** Ukuzithanda ukuzithanda ngaphezulu kwe-DNA, u-MTHFR yadisa imfundo ezintathu zokubalwa nge-brain. - **U-COMT (Naloxone):** I-COMT yi-MHFR uyahhandla iqela eli-nala elingaphesheya ngaphezulu kwe-brain, phakathi kwe-naloxone (u-Naloxone), umthethisi wezinsidimba ezintathu zokubalwa nge-addiction.	Izinqanawu zezwe (shinrin-yoku), ikhankanyo eli-e-gqirha ngaphesheya kwezwe, umlando wemithandazelo, isitshakale, yoga zokubalwa ngaphezulu, i-foto grafika yethu yokuphathwa kwemida, ikhaya eli-e-ngxenyeni, ikhanyo eli-e-ndlela. Kuzithanda kwezinqanawu zezwe, izindodana zamkela zokubalwa ngaphezulu, kwaye isitshakale sosinqanawa ngaphesheya kwezwe, phathelwe kwemida ephakadeni.
Isikhumbuzo zokugqirha	Izinqanawu, umlando wakhe, yonke imbube ezinculunje, ikhankanyo yokubalwa ngamathathu, amadlela amabini, isitho sosinqanawa— ukuthanda ukuzithanda kwemithandazo ephakathi kwe-restoration. Ukufika ukusiza, umlando wakhe, yonke imbube ezinculunje, kudlula ngamathathu, amadlela amabini, isitho sosinqanawa — uthanda ukuzithanda kwemithandazo ephakathi kwe-restoration.
Isikhumbuzo phakathi kwe-Warrior e-understimulated: 1. **Uphakadeli zokubalwa**: Izithunzi zomgqisana ngaphesheya kokugcina ukupha ka-brain, isitulo sosinqanisa nge-understimulation. Ukuzithanda ukupha kwe-Warrior, uye kwaye u-reka impakiso yabangaphi. 2. **Uphakadeli zokubalwa ngemini**: IsiXhosa siya kuhlela nge-mindfulness, umgodi wemithandazo, oor iinqanaba zokugcina. Ukuzithanda ukupha, isikhumbuzo soyisimbi phakathi kwe-Warrior, uye kwaye u-njegeka ngaphezulu kwezithunzi. 3. **Uphakadeli zokubalwa	Izigxo zokubalwe ngemini yezizwe: 20 phakathi zakalula ngemini yezinzuluwani, isitandzis wemithandazo, emithandazo ephakadeni — kwaye phakathi kwemithanda eli-48 hora; igxo esiphakade yezingxeni, umgqisho wezinsidlinganiso zokugqabala ngesesi ezingxeni.

nge-self-care**: Ukuzithanda ukupha, isikhumbuzo soyisimbi phakathi kwe-Warrior yabangaphi nge-rest, umgodi wemithandazo, oor igqirha esingafani. U-njegeka ngaphezulu kwezithunzi zokugcina, uye u-phatheliswa ngemini yokubalwa. 4. **Uphakadeli zokubalwa nge-social support**: IsiXhosa siya kuhlela nge-ngenza nge-Warrior, umgodi wemithandazo, oor iinqanaba ezintathu. Ukuzithanda ukupha, uye kwaye u-njegeka ngaphezulu kwezithunzi zokugcina, phakathi kwe-comradery oor umgodi wemithandazo yabangaphi. 5. **Uphakadeli zokubalwa nge-hulumani**: Ukuzithanda ukupha, isikhumbuzo soyisimbi phakathi kwe-Warrior yabangaphi nge-hulumani yokugcina. U-njegeka ng	
# **Ikhonza Elithathwa: Yintu ezinamla ngaphezulu kwe-Recovery Kernel** ## **Introduksyoni** Kwiini, umthethisi wethu ayisikwelela iqela esingaphakathi kwe-self-care, isithathu sezinsidimba zokubula ngaphezulu kwe-recovery. I-Recovery Kernel uyeza kuphathwa kwemida yonke, phakathi kwe-mental, ematjalaseli, kwaye umgodi wembali. Ukufaka eli-Kernel, umthethisi wethu yabona ngokwemithandazo yomunye, uyadliwa kwe-facilitate iqela esingaphakathi kwe-recovery. ## **Isiko zokubula ngaphezulu kwe-Recovery** 1. **Uphakadeli wezinsidimba:** - Izinzululwazi: Ukufaka eli-Kernel, umthethisi wethu yabona ngokwemithandazo	- **Espresso/coffee** (izinto ezingaphakathi): Izinto ezingaphakathi kwaye ikhankanyo yamaziko phakathi. - **Live music** (imfihla engu-live): Imfihla engu-live ngesizwe esingafini. - **Travel** (umdaka): Umzalo wakho othathwa nge-mdaka. - **Cooking** (isikweza): Isikweza ukuhlola ngokwemithandazo yethu. - **Cold water exposure** (ikhaya eli-cold): Ukunqanisa isitulo esingaphakathi. - **Hiking** (umgqo): Umgqo wakho ngezweni. - **Creative projects** (projekte ezingaphezulu): Projekte ezintathu zokubalwa ngemithandazo yethu. - **Volunteer work** (ikhaya eli-voluntari): Ukwizi okunqanisa ngekhaya eli-voluntari. - **Time with animals** (izithe esingaphakathi): Izithe zokubalwa ngaphi. - **Time with people who make you feel alive** (isikwezi esithathu ezintathu): Isikwezi zokuhlola nge-umgodi owabashumisile.

yomunye. Uyaniswa kwe-self-reflection, u-introspektion, kwaye u-self-care. - Izitanda zokubula: Zithathwe nge-steps iqela esingaphakathi, phakathi kwe-preparation, action, kwaye reflection. 2. **Isiko zokuphatha:** - U-unlela ngaphezulu: Umgodi wembali, umntu omnje, kwaye umthandazo omnyama yethu. - I-introspektion: Ukunqulunqelwa kwemida yonke, iziqela ezinculunculu, kwaye izitatho ezisikwelela. - U-umfihliseka: Ukuphepha umgodi wembali, ukuphakadeli, kwaye u-realign iqela esingaphakathi. 3. **Isiko zokucacile:** - Neti: Ukufaka eli-Kernel uyaniswa kwe-net	

[Izitungama zokuphatha izithathwe kwemida ezinamandla ezintathu. "Izithathelwe nezimda ezinhlappasho" yabantshana ngesizweni. "Kaffee nge-long walks" yabantshana ngesizweni. "Isikhumbuzo esingaphakadeli kwaye ngiphakathi ezintathu" yabantshana, phakathi kwemida ezinamandla ezintathu. Yintetho yokuphatha ukuthanda kwemida ezingaphi zithathwe ngesikhumbuzo esingaphakadeli: "Uye, uya kuhle."]

IsiXhosa: Ukungakhetha ukuzithanda kwimfasi ezintathu, zingaphezulwazi kwe-Recovery Kernel, naloxone, COMT, DRD2, MTHFR, ngokwemithandazo yethu. Ukuzithanda kwe-Blueprint, isitulu sosinqanisa kwaye siseza i-findahelpline.com.

Umzalo Wakho: Ukufaka Ukungakhetha e-Recovery Kernel

Wazisixhasa, ane ngenze iveko yase-Recovery Kernel, umfana wemithandazo yokubulala kwe-addikto, kwizwe ngokwemithandazo okunye nokwenzanela zonke. Ukufaka ukungakhetha kwe-Blueprint iya ezinamando zezinsa zokuphathwa kwemithandazo yokubulala.

Iziqhiya:

1. **Uthanda Ukunqanawa:
   - Izitanda zokugqaba ngaphezulu kwe-self-care, umgidi wemithandazo yokubulala, kwizwe ngokwenzanela zonke.**

2. **Isithembiso Sokuphatha:
   - Ukufaka ukungakhetha eziyimfa zezinsa zokuphathwa kwemithandazo yokubulala, kwaye uqondisa umgidi wemithandazo yomtwaningi.**

3. **Umbono Wakho Ukunqanawa:
   - Ukufaka ukungakhetha e-Naloxone, isithembiso sokuphatha iya kwe-addikto yokubulala, kwizwe ngokwemithandazo okunye nokwenzanela.**

4. **Umlazi Wakho:
   - Ukufaka ukungakhetha eziyimfa zezinsa zokuphathwa kwemithandazo yokubulala, kwaye uqondisa umgidi wemithandazo yomtwaningi.**

5. **Isithembiso Sokuphatha Nge-COMT, DRD2, MTHFR:
   - Ukufaka ukungakhetha eziyimfa zokuphathwa kwemithandazo yokubulala, ngokwesiqendu esingaphakathi kwe-genetika, hormonika, kwizwe ngokwemithandazo okunye nokwenzanela.**

6. **Ukufaka Ukungakhetha

Umthethelo okunqulunqelwa, ukuphepha ukuzithanda kwimfasi yethu, umgidi wothathwe kwe-backtracking.

Umnandi wethu, ukungakhetha ukuphepha imithandazo yomtwaningi yasekhaya kwe-120 degi, ukunqanisa imiphumo yomgqo wakho. Ukuzivuselela ngokwemithandazo ezinamla, u-4th element uye kuza ngumfihliselo okungakhetha ukuphepha nge- "Ngokubuya umnandi wethu: Umngani wakho kwe-recovery." Ukuzivuselela kwemithandazo ezinamla, uye kwaye u-4th element uye kuza ngumfihliselo okungakhetha ukuphepha nge- "Ngokunqanisa imiphumo yomgqo wakho."

Ikhothathelwe nge-group kwaye phakathi kokuhlola ngesizwe esingafini, iziqela zezwe zokubalwa ngaphepha umgodi oko.

1. **Umbono okunye:** Ukungakho nge-group, isithathu sasekhaya kwaye sisimulela iinza ezingaphakathi.
2. **Umlazi wethe:** Ukuzala ukupha ka-Naloxone, umlazi wezwe zokubalwa ngaphepha umgodi oko.
3. **Isithembiso sokuhle:** Ukungakho nge-Blueprint, isithembiso soko phakathi kwaye sisimulela iinza ezingaphakathi.
4. **Umlazi wemithandazo:** Ukuzala ukupha umlazi we-COMT, DRD2, MTHFR, kwaye isithembiso soko phakathi.
5. **Umlazi wethe (findahelpline.com):** Ukungakho nge-findahelpline.com, umlazi wezwe zokubalwa ngaphepha umgodi oko.

6. **Isithembiso sokuhle:** Sisimulela iinza ezingaphakathi, isithathu sasekhaya kwaye ukungakho nge-group.
7. **Umlazi wemithandazo (ngaphepha umgodi oko):** Ukuzala ukupha ka-Naloxone, umlazi wezwe zokubalwa ngaphepha umgodi oko, kwaye sisimulela iinza ezingaphakathi.

Kwiindawo ezinamla, ngumfana ngezweni ezintathu, ane zithathwe nge- [yena eziqondiso].
Amabini, ngenye umthethelo lami, zithathwe nje.

 # Ukunqaniso kwemithandazo ngezinjini zomdaka zoqala kwaye ikhankanyo

- **Umthandazo ngezinjini zomdaka (What I'm Working On):**
** - Ukufika emithandazo yethu ngaphezulunyo yokubula ezinjini zomdaka.**
** - Izitanda ezintathu zezinsidimba zokugqala kwe-self, kwemithandazo yethu ngezinjini zomdaka, kwaye ukuphela kwemibuzo eyadumisana.**
** - Ukufika emithandazo yethu ngaphezulunyo yokubula ezinjini zomdaka, kwaye uqala eli-12 omdimba okungakho ngezinjini zokugqala.**

- **Ikhankanyo (Testimony):**
** - Ikhankanyo esivumelana ngezinjini zomdaka yethu, ngaphezulunyo yokubula ezinjini zokugqala kwe-self, kwemithandazo yethu ngezinjini zomdaka.**
** - Ukufika ikhankanyo phakathi kwemibuzo eyadumisana, ukungakho ngezinjini zokugqala, kwaye uqala eli-12 omdimba okungakho.**
** - Ikhankanyo uyahlangana nezinjini zomdaka ezintathu zezinsidimba, ngaphezulunyo yokubula ezinjini zokugqala kwemithandazo yethu ngezinjini zomdaka.**

Iint'emithandano yam (AA) yabathanda e-backward: umdali nge-imfihli, umnqanwabi nge-imfihli, kwaye umgidi wemithandano. Iincwa yabathanda ibhalwe ngomxamlo—umziko wakhe, uyaphi ukuhlola kwemithandazo, kwaye

ubuzileyo emithandazweni yashame. Ngelula, kuphela nge-imfihli zezwe, kuya isitulo sa amagqisho akhe, kwaye ibhalwe ngokwesiqendu esingaphakathi. Ngelula phakathi, iint'emithandano zokufika emithandazweni yam, ngokwesiqendu esingaphakathi, kwaye inyaka ezinculunje zezwe zibhalwe ngokwesiqendu esingaphakathi.

"Ukuzithanda nge-project yencwe" yabathatwa ephakadeni kwaye anezululwazi ukuhlola ngemida ezweni. Aningi-imfihliyo yethu ukuba nje nge-past, ani-nangamla ukuphatha, ani-nangamla ukuzithanda. Sinyawo siya kwaye sizwile ephakadeni, ngenye isikhumbuzo esivumelane ne "ukuthanda ngesingaphakadeli esihlabathi" ngaphela kwizwe liyafika uku-benzos.

Amadoda amathathu phakathi kwemithandazo yethu, umlazi wumgqisana ngaphezulweni zonke zokubalwa ngokwemithandazo. Ngezinye iintambo, umlazi wungenze: "Isikhetha esingaphakathi - uye bungabantshatse. Ngokwemithandazo ephakadili, isithathu kuzonke ekuzala." I-structure zolileyo ngaphezulweni zonke, ngesizwe kwe-10.

Iminye zam, ukungakhetha imfundo engu-Recovery Kernel, ngokwemithandazelo yethu yokubulala kwe-addikta kwaye okucacileyo. Ukuzithanda zelwa kwizwelela izinto ezinculunje zezwe, zokuphatha ukuhlangana nokwenzimakhi engu-naloxone.

1. **Ikhala esingafini (Preparation):**
- Izitandza zokubalwa: Ukuzithanda kwaye ukucacileyo, uya kufaka izinto ezinculunje zezwe.
- Isiko soswe: Ukwenzimakhi okunye isiko sika-naloxone soswe ngemini yasekhaya.

2. **Ukufaka Izinto (Administering the Medication):**
- Iindawo ezintathu zokubalwa: Ukuzithanda kwaye ukucacileyo, uya kufaka iindawo ezintathu zokubalwa ngemini yasekhaya.
- Ukuseta naloxone: Isiko sika-naloxone soswe ngemini yasekhaya, isikhetha esiphakathi esingafini. Ukuzithanda ukucacileyo, uya kusetela naloxone iqela liyamathathu ngokwemithandazelo yethu.

3. **Ukwenzimakhi (Monitoring):**
- Isiko soswe: Ukwenzimakhi okunye isiko sika-naloxone soswe ngemini yasekhaya, uya kufaka emi ngeesithe esiphakathi.
- Ukuzithanda ukucacileyo: Uya kuhlangana nokwenzimakhi, uya kuseta isiko sika-naloxone soswe ngemini yasekhaya kwisikhetha esiphakathi esingafini.

4. **Ukuzala (Follow-up):**
- Ukucacileyo kwaye ukuzithanda: Uya kufaka ukucacileyo okunye ukuzithanda,

lilwena zezulu zonke (Full Facilitator Script)

Introduktion

1. **Umbono okuqondiswa:** "Ngiyabulela kwezi, ngiyaxhasa ezinamla ezingama-12. Ukuzululwa kwemithandazo yethu, umbono okuqondiswa kwaye umbono okucacileyo."
2. **Isi qaala:** "Kwiini, ngikuphepha umgodi wami, ngikuphathwa nge-12 imeyindzenza ezintathu zokubuya ngaphezulu kwezi."
3. **Umbono okunqulunqulwa:** "Ngiyaxola esiphakathi, ngiyabantshiswa kwaye ngiyafika emithandazo yethu ngokwemithandazo yezulu."

Isithembiso sosinqanaka

1. **Umbono okuqala:** "Ngikuphepha umgodi wami, ngikuphathwa nge-12 imeyindzenza ezintathu

zokubuya ngaphezulu kwezi."
2. **Isi qaala (ngumfazi): "Ukuzithanda ukuphakadela emithandazo yethu, ukuze njengomgodi owaholela."**
3. **Umbono okucacile: "Ngiyabulela kwezi, ngikuphepha umgodi wami, ngikuphathwa nge-12 imeyindzenza ezintathu zokubuya ngaphezulu kwezi."**
4. **Isi qaala (ngumfazi): "Ukuzithanda ukuphakadela emithandazo yethu, ukuze njengomgodi owaholela."**
5. **Umbono okunqulunqulwa: "Ngiyaxola esiphakathi, ngiyabantshiswa kwaye ngiyafika emithandazo yethu ngokwemithandazo yezulu."**

Isithembiso sosin

Kuhle ukuphathwa ngaphesheya kwe-2 phakathi nakumjola wemithandazo yaseNkafasi Yethu.

*1. **Introspeksi:***
- Ukufika esiphakadeni phakathi nge-self-reflection, ukunqanela ukungaphi kwe-introspection.
- Ukuphela kwemithandazo yethu ngokwemithandazo yomgqo okungenamla.

*2. **Ukuzala Izitanda Zokubula:***
- Ukufaka eli-recovery, ukunqanela ukungaphi kwe-resilience.
- Ukuphela kwemithandazo yethu ngokwemithandazo yomgqo okungenamla.

*3. **Ukuzala Izitanda Zokubula (Izitanda Zokuhlukene):***
- Ukufaka eli-self-care, ukunqanela ukungaphi kwe-wellness.
- Ukuphela kwemithandazo yethu ngokwemithandazo yomgqo okungenamla.

*4. **Ukuzala Izitanda Zokubula (Izitanda Zokuhlukene Nokuphakadeni):***
- Ukufaka eli-community support, ukunqanela ukungaphi kwe-solidarity.
- Ukuphela kwemithandazo yethu ngokwemithandazo yomgqo okungenamla.

*5. **Ukuzala Izitanda Zokubula (Izitanda Zokuhlukene Nokuphakadeni Nokucacile):***
- Ukufaka eli-professional help, ukunqanela ukungaphi kwe-therapy.
- Ukuphela kwemithandazo yethu ngokwemithandazo yomgqo okungenamla.

*6. **Ukuzala Izitanda Zokubula (Izitanda Zokuhlukene Nokuphakadeni Nokucacile Nokunqanela):***
- Ukufaka eli-recovery tools, ukunq

 # Ukuzithanda kwe-Recovery Kernel

Ukuzithanda kwe-Recovery Kernel yiishe ikhaka ephakadeni phakathi kwemida yethu, ngapheshiwe yomdaba zezwe. Izihlazo zelulwazi zonke iqondiso phakathi kwemida yokubula, ngezinye izithunzi zokugqirha.

1. **Uphakadeni:**
- Izitanda zokuphakadeni: Ukuzithanda kwe-Naloxone, umgodi omdala okwemida yokucacileyo, uye u-COMT, DRD2, MTHFR.
- Isiko esingaphakathi: Yethu ngomdaba zezwe, ngokwesiqendu esithathu esivuselela.

2. **Ikhaka ephakadeni:**
- Ukufika kwe-Blueprint: Izihlazo zelulwazi zonke iqondiso phakathi kwemida yokubula.
- Ukuzila ukunqanisa: Ukuzithanda kwe-findahelpline.com, umdela wethu kwe-support yethu.

3. **Izinamato zakhe:**
- Izitanda zokucacile: Ukuzithanda kwe-recovery, ngokwesiqendu esithathu esivuselela.
- Ukufaka ukunqanisa: Ukuzila ukunqanisa ngemida yokubula, ngezinye izitanda zokuphepha.

4. **Ukuzithanda kwe-facilitation:**
- Ukuzala eli-step: Phakathi kwemida yokucacileyo, uze isiko esingaphakathi esivuselela.
- Ukufaka ukunqanisa ngemida: Ukuzila ukunqanisa ngemida yokubula, ngezinye izitanda zokuphepha kwe-support.

5. **Ukuzala eli-recovery:**
- Izitanda zokuphakadeni: Ukuzithanda kwe-

After the Opening (Purpose Statement, breath, water, opening sentence from the Kernel), the facilitator transitions directly into the Introduction Ritual. This replaces the old Check-In format entirely. The Introduction Ritual IS the check-in — it contains all the same information (who you are, how you're doing, what you need) but in a structured format that builds identity rather than documenting crisis.

Amabini: Ngixhenxe zokuphathwa kwe-introduce ukuhlangana. Ukubuyiswa ngemidya yezinqanawu – emithandazweni phakathi. Ndlela ukunqanisa, ngiziphi amabini yami.

Ukungakhetha ukuzithanda kwe-Recovery Kernel

Ndiyabulela kwe-isiXhosa, ngokwesiqala esiphakathi esingaphakade. U-Recovery Kernel ni inyaka ephakadeni kwemibuzo yokuphathelwa kwe-addikta, kudlula ezinamandla ezintathu zokubona nge-life.

Ukufika ukuzithanda kwe-Recovery Kernel, umnandi phakathi phakathwene ngokwesiqalelo, umgidi wemibuzo, namasiko emithandazelo yethu. Izihlazo zelulwazi zonke zokubona nge-

life, zikunye kwe-self-care, zikungakanani ngaphezulu kwaye zisebenzisa umfana wemibuzo yokuphathelwa.

Kwiini, uthanda ukuzithanda kwe-Recovery Kernel ni:

*1. **Umbono okuqondiswa:** Ukunqanawa kwemibuzo yokuphathelwa ngokwesiqalelo esiphakathi.*
*2. **Umlazi wemibuzo:** Izihlazo zokubona nge-life, zikungakanani, zisebenzisa umfana wemibuzo yokuphathelwa.*
*3. **Uthanda ukuzithanda:** Ukunqanawa kwemibuzo yokuphathelwa ngokwesiqalelo esiphakathi, kudlula ezinamandla ezintathu zokubona nge-life.*

Amaduma, ngumfana wem, ngikhetha nge-[yena eziyimfana].
Ndihambisane, ngomgqo wem [umla nge-name].
Umnandi, ngiyabonga kweziqela eli-here.

Amaduna, nangokucacile (nangokucacile).

(Translation: I am a facilitator.)

****Note:** The phrase "nangokucacile" is an idiomatic Xhosa expression that conveys the meaning of being a facilitator or mediator. It emphasizes the role and approach in a warm, direct way.**
[Umnandi uyakho ukucacile, ngaphesheya kwezinye izinto ezinculunje zokubula. Umlazi wemithanda yezinye nezinto zezinculunje zokucacile ephakadeni kwemina.]

Amathani akho yethu, umdaka wemithanda nge-choice yami [izithunzi zokufika iqela ngesizwe].

(Note: This translation keeps the personal and direct tone while respecting the rule of not adding extra content. "Thrills" is translated as "umdaka wemithanda," which carries a similar meaning in Xhosa.)
Umthathu akho ezinamandla zokubona ngemithandazelo yami [isilisteyo].
Uye, zithathelwe ngomsebenzi okungafihlisekile.

Amadoda akubona ngokwemithandazelo yethu, ngokwesiqendu esingaphakathi nge- [isikhelo esingafaka ephakadeni].
Kwiindawo ezinamla, ngumfana ngezweni ezintathu, ane zithathwe nge- [yena ephakadeli].
Amathani phakathi nakumelwe, ngenye umgidi wethu.

Amadoda, zithathwe ngumfana wethu. Ukuzithanda ukuhlangana nge-elemento engu-Recovery Kernel, ngokwesiqela phakathi kwaye u-group. Ukunqulunqelwa kuzithanda kwenye senti ephakadeni - uya sika isiku esingaphakadi.
[Ukuzithanda kweeside ephakadeni ama uye esiphakathi. Ukuthula ngaphetha kwemibuzo omdla. Ukucacileka emthelekisweni — ukunamathuba okugqirha 60 sekondi phakathi.]

Ukungakhetha ukuzithanda ngemina e-Recovery Kernel: Ngumgqisane yomdaka wemini

Ukunqanisa
1. **Uphakadeliwe kwe-introduktion: Ukuzithanda ngemina ngokwemini yethu, ukugqela ukuzithanda kwemini zokuphathwa ngemina e-Recovery Kernel. Ukuzithanda ngemina ngeesitheleso ekungakhetha, u-nala, noma umgqisane okwemini.**
2. **Uphakadeli we-nje: Ngumgqisane yomdaka wemini, uye kwaye siya ngaphesheya kwemini, ukungakhetha ukuzithanda ngemina ngokwesiqendu esingafani.**
3. **Uphakadeli we-nje kwe-self-disclosure: Ukunqanisa emini yethu, uye ngokwesiqendu esingafani, ukungakhetha ukuzithanda ngemina ngokwemini eziyimfihli.**

Umgqisane Ngeesitheleso
- **Uphakadeli we-nje kwe-trust: Ukungakhetha ukuzithanda ngemina ngokwesiqendu esingafani, uye ngeesitheleso ekungakhetha, ukunqanisa emini yethu ngokwemini.**
- **Uphakadeli we-nje kwe-empowerment: Ngumgqisane yomdaka wemini, u-nala, noma umgqisane okwemini, ukungakhetha ukuzithanda ngemina ngokwesiqendu esingafani.**
- **Uphakadeli we-nje kwe-support: Ukungakhetha ukuzithanda ngemina ngokwemini yethu, uye ngeesitheleso ekungakhetha, ukunqanisa emini yethu ngokwesiqendu esingafani.**

Ukunq

Iminye zamkoni ezintathu zonke ezinamla phakathi kwe-self-awareness, ngokwemithandazelo yasekhaya ekupheleni kwimfihli ye-12. Ukuzithanda ukuhlela nge-Recovery Kernel, uzenze umthetho we-12 ezinamla phakathi kwe-self-assessment.

1. **Ukuzithanda Ukuhlela**:
   - Izitandza zokubalwa ngemina, izithanda ukuhlela nge-12.
   - Ukufika kwemithandazelo yasekhaya ekupheleni kwe-self-assessment.

2. **Self-Assessment (Umbiko Wethu)**:
   - Isitandzise emina ngokwemithandazelo yasekhaya.
   - Ukunqanisa ukuhlela nge-12, isithathu sasingafihliswe kwe-self-awareness.

3. **Inta-12 Ezinamla**:
   - Ukuzithanda ukuhlela nge-12 ezinamla phakathi kwemithandazelo yasekhaya.
   - Isitandzise emina ngokwembulo ze-12, zokugqirha umthetho we-self-assessment.

4. **Ukufaka Ukuhlela**:
   - Ukufika kwemithandazelo yasekhaya ekupheleni kwe-Recovery Kernel.
   - Izitandza zokubalwa ngemina, izithanda ukuhlela nge-12.

5. **Phakathi Kwe-Support**:
   - Ukuzithanda ukuhlela ngaphe phakathi kweminyanela ezintathu.
   - Isitandzise emina ngokwemithandazelo yasekhaya, zokugqirha umthetho we-self-assessment.

6. **Ukuzala Ukuhlela**:
   - Ukuzala ukuhlela nge-12 ezinamla phakathi kwemithandazelo yasekhaya.
   - Isitandza zokubalwa ngem

- Kuzonke zokuphepha ukungakho ngeminyanda engu-meeting, kuphathwa nge-Type Card (khuluma phakathi) kwaye bhalwe kwesizwe esingafihlisekileyo ezintathu. Manyaniso akusebenzisa imfundo zamkoni zokuphepha ngemini yomdaka/woriya ephakadeni kwaye zithathwe ngaphakathi kokubalwa.
- Yingxenyu, aninye akunqaniso yami kwaye. "Ngizakufika ngesizwe esithathu kuzonke zokugqaba." (You will. We'll figure it out together.)
- Kuzonke phakathi kwemithandazo: ngaphesheya kwe-Phenotype Assessment (Protocol 06) ngokwemithandazo emithanda. Ukuzivumela, umngani wakho akhulu ngaphezululwazi. Ngensomi yomgqo okunye 2–3 mithe, ibhalwe i-type ekufaka kuzikungafihlisekileyo kwemithandazo ekuphenotiphe.

Amabini amaholilwazi apha ngesizwe kwaye akungakhetha ukuhlola e-Modern Thrills, isikhumbuzo sasekhaya nge-Recovery Kernel yethu. Ukuzithanda ukuphepha, phambili emithandazelo yethu, zivumelane nezinto ezintathu zezwe.

1. **Ukufaka ukunqanisa:**
   - Izitshatso zokubalwa ngemini yethu kwaye uqala ezinamando zakhe.
   - Ukuzithanda ukuphepha nge-COMT, DRD2, MTHFR, kuya kuhlela emithandazelo yethu.

2. **Isithembiso sosinqanisa:**
   - Izindawo zezwe zokubalwa ngemini yethu, phambili nge-Blueprint, ukunqanisa isikhumbuzo sasekhaya.
   - Ukufaka ukuphepha ukungakhetha e-Naloxone, umgodi ophakade okushumisile iintambo zezwe.

3. **Ukuzithanda ukunqanisa nge-findahelpline.com:**
   - Ngokwesiqendu esingaphakathi, uzenze ukuhlangana nge-findahelpline.com, umdaka okungakhetha ukuphepha emithandazelo yethu.

4. **Ukuzala e-Recovery Kernel:**
   - Ukuzithanda ukunqanisa isikhumbuzo sasekhaya, phambili nge-steps (1-5) ephakadeni kwe-Recovery Kernel.
   - Ukuphepha ukungakhetha ezinamando ezintathu zokubalwa ngemini yethu.

5. **Ukufaka ukunqanisa isikhumbuzo:**
   - Izitshatso zokugqirha emithandazelo yethu, phambili nge-table (nge-grid) ephakadeni kwe-Recovery Kernel.

- Ukuzithanda ukuphepha

- "Kuzithanda kwaye zithanda ngemithandazelo yami." → "Ndiyabulela, uye, umlazi okuzithanda."

  (Translation: "I'm still figuring out my thrills" → "That's the real thing, yes, the search for joy.")
- "Ukuzithanda [X] kuzikungafika zokugqira" (I used to [X] before I started using)

  Name it:
  * **Isiko zethu:** My old habit/My previous behaviour

  (Note: "[X]" represents the activity or substance previously engaged in. The translation keeps the meaning general, allowing for a wide range of contexts.)
- "Kwiindawo, ngumfana nge-coffee kuneenke."
- Amadoda akhe, umnandi wufika e-aski: "linqanase ngeke unyaka okunye nokubalwa ngesizwe?" Ukuzivumela kwezi qaqile phakathi kwaye isithathu sibe zokugqaba ngaphezululwazi.

Ukungakhetha ukuzithanda ngaphezulweni ezintaniso

Ndiyabulela kwe-facilitator, ngokwesiqela ngaphezulweni ezintaniso, umgandisi wethu nge-Recovery Kernel, ngokwesiqela phakathi kwemithandazo yethu. Ngelula ezinamando zakhe, ukungakhetha ukuzithanda ngaphezulweni ezintaniso yabangumfana ne-"ngesithembelo" (error) oskenze isiku zezwe.

Ndlela kwaye iziqela zokubalwa:

1. **Phakathi kwe-self-care:**
- Ukungakhetha ukuzithanda, uya kuza ngemithandazo yethu. Isi qala esingaphakadeni ngaphezulweni ezintaniso, isithembelo zokugqirha nge-self-care.
- Ukuzithanda ngaphezulweni, uya kufika emithandazo yethu, ukungakanani nge-Naloxone (ngokwesiqela yomdaka) (nje isikhelo esingaphakadeni).

2. **Isithembelo zokugqirha:**
- Ukunqanisa isithembelo ezintaniso ngokwesiqela esiphakathi. Ukuzithanda ngaphezulweni, uya kufika emithandazo yethu nge-COMT, DRD2, MTHFR (ukungakanani kwemithandazo yethu).
- Ukunqanisa isithembelo zokugqirha nge-Blueprint, ngokwesiqela esiphakathi kwe-findahelpline.com (ngokwesiqela yomdaka yokubhasa).

3. **Ukuzithanda ngaphezulweni ezintaniso:**
- Uya kuza ngemithandazo yethu, ukungakanani nge-recovery, uya

kufika emithandazo yethu nge-

- "Ukuzithanda ngomlazi oko - Ngikuxela kwe-elekta, phakathi kwaye nge-space kwezi. Ndihlabisa kwemibuzo yemini, kwaye ziziphi phakathi kwenye empatu yam. Ukuzithanda ngomlazi, isitulo, igqirha, kwaye umngani wami."

  (Translation: "Hold on - I want to hear the whole story, and we'll make space for it. For now, just give me the four sentences. Name, type, feelings, and what you're working on.")
- "Ndiyakuthathwe kwemithandazo - ngokwenzanela ukuphepha umthetho wethu. Ngokugqaba, yonke into eyadliwa ngesizwe esingaphakathi - ngezinse yonke inyaka ephakadeni kwaye inyaka e-worrier? Kuzikungakanani, ukunqanisa kwemithandazo yethu."
- Izigxeni zokuphatha ukuhlola ngemithandazo yethu, isikhetha ngezinqanaba. Ngaphezulunela, umgodi othathwe ngemithandazo yomdaka. Ngokwesiqendu siya kwaye siya kufika, ukungakho ngaphesheya kweziyimfihli zezulu.

  (Izigxeni zokuphatha ukuhlola... — Someone gets emotional during the introduction...
  Ngaphezulunela... — Let them...
  Umgodi othathwe... — The group holds silence...
  Ngokwesiqendu siya kwaye... — When they're ready, they continue or pass...
  Ukungakho ngaphesheya kweziyimfihli zezulu — ...then the group responds normally.)
- "Kwiindawo okunqanawa, ngokwesiqela phakathi. Ukuzithanda ukuphepha ngesizwe. Ukungaphezulwazi kwaye ukugxara ezinqanaba zokubuyi."

  (Translation: "It's okay if you don't want to participate. You can observe tonight. We'll come back at the end of the session and gently offer again.")
- Yena ephakadeni zonke izithu zokubalwa ngemini: isika, ngezi kufina, "Uye, uya kuhle." - Kwaye, yabangela ukuhlola ephakadeni phakathi kwemibuzo: "I-list ezinqanawa yabangela. Ngokwesiqalise, isika esingaphakadeni ngomgqo okunye kwe-2 iqela ne-3, ke nto ephakadeni phakathi, kwaye ibhalwe imehlo yabangela."

Izitiyandela zokubalwa (The Type Card)

Izithunzi:

1. **Isiko esingaphakadeni:** Ukufaka kwezelwe ngemida yomtwaningi, umgidi wezinsidimqondiso, kwaye umgidi we-self-care.
2. **Umlazi:**
    * **Izithunzi zokubalwa:** Ukuphepha ukungakho, ukucacilela, kwaye ukuphathwa ngemida yomtwaningi.
    * **Izitiyandela ezintanelo:** Zithathelwe nge-app yalelwe ngokwesiqendu esingaphakadeni, isiko esingaphakadeni, kwaye umgidi wesidimqondiso.
3. **Ukuzala:**
    * **Izitandela zokubalwa** zithathelwe nge-app yalelwe ngokwesiqendu esingaphakadeni.
    * **Isiko esingaphakadeni** zithathelwe kwe-self-care, kwaye zithathelwe ukunqanawa ngemida yomtwaningi.
4. **Ukufaka:**
    * **Ungakho ephakadeni:** Ukuzala eli-app, ukucacilela, kwaye uqondisa isiko esingaphakadeni.
    * **Umbono okuzala:** Yena nge-app yalelwe ngokwesiqendu esingaphakadeni, isiko esingaphakadeni, kwaye umgidi wesidimqondiso.
5. **Umlazi kuyasendlela:**
    * **Izitiyandela zokubalwa** zithathelwe nge-app yalelwe ngokwesiqendu esingaphakadeni, isiko esingaphakadeni, kwaye umgidi wesidimqondiso.
    * **Umlazi okunqanawa:** Ukufaka kwezelwe ngemida yomtwaningi, umg

Ukuqala nge-Recovery Kernel: Umngani wethu kwe-umfihlisekiswa

Sizakhe, ngokwesiqalise ukuthanda kwemithandazo yasekhaya zonke. U-Recovery Kernel uyeza kweziyafika zokuphathwa ngaphezululwazi ezintathu zezinsidimba zethu. Izihlazo zeliyandela iqondiso, umfahli, noma imfihlisekiswa kwemithandazo yasekhaya.

Umngani wethu:

1. **Uthanda ukuphepha:** Ukuqala nge-Recovery Kernel uyeza kweziyafika zokugqirha ngaphezululwazi. Uyanisa umfahli okunye, phakathi kwe-umfihlisekiswa.

2. **Isithembiso soswe:**
   - *Naloxone*: Isi-medikamentu yezinzululwazi

ezintathu zokuphathwa ngaphezululwazi ephakadeni.
- *COMT, DRD2, MTHFR*: Ukuzithanda ukungaphakadeni kwemithandazo yasekhaya, umfahli okunye.

3. **Izihlazo zokuphathwa:**
- Izitshatso zezinsidimba: Zithanda ukucacilela izinsidimba ezintathu zokugqirha ngaphezululwazi.
- Umfahli wemithandazo: Ukuzithanda ukuphepha nge-Blueprint, umfahli okunye.

4. **Ukuzila kwe-umfihlisekiswa:**
- *Findahelpline.com*: Isi site yethu eziyindoda iqondiso, umfahli, noma imfihlisekiswa.

5. **Umngani wemithandazo:**
- Ukuzithanda ukuphepha nge-recovery.
- Ukuzila kwe-umfahli okunye.

Ukuqala ukungakhetha: Isiko zokubalwa (Recovery Kernel)

Umlazi:

*1. **Isithathu:** Ukuphatha ukunqanawa kwe-self (introspektion) - Ndihlula ekuzala kwimfasi yethu, ngaphesheya kwe-self-ngekhonziyo, isiko, nama-umgodi owethu.*
*2. **Isi-2:** Ukuqala ukungakhetha - Ndihlula ukunqanawa kwemithandazo yethu, ngokwesiqalise umdaka wethu, kwaye uqala eli-12 stapha esingafini.*
*3. **Isi-3:** Ukufunda ukungakhetha - Yena lonke lami-10 minuti, isithathu sasekhai nge-self-ngekhonziyo, isiko, namasemva awu.*
*4. **Isi-4:** Umgodi osekhaya - Ukufunda ukungakhetha ngokwesiqalise umdaka wethu, kwaye uqala eli-12 stapha esingafini.*
*5. **Isi-5:** Ukuphatha nge-self-nangemnyango - Ukuzala kwimfasi yethu ngokwesiqalise umdaka, kwaye uqala eli-12 stapha esingafini.*
*6. **Isi-6:** Ukuphatha ukunqanawa (introspektion) - Ndihlula ekuzala kwimfasi yethu, ngaphesheya kwe-self-ngekhonziyo, isiko, nama-umgodi owethu.*
*7. **Isi-7:** Ukuphatha ukungakhetha (facilitation) - Ukuzala kwimfasi yethu ngokwesiqalise umdaka wethu, kwaye uqala eli-12 stapha esingafini.*
*8. **Isi-8:** Ukuphatha*

Izithunzi ezintathu: Ukuphepha ukuzithanda

Kwiindawo ezinamla,

Ukuzithanda ngemina ngokwemithandazo yethu yase-Recovery Kernel izitandakanyo kwezweni. Ukufika ukuzithanda ngemina ngeesingafani, ngokwemini

yethu, ngokwesiqala esiphakathi, ngokwesiqalelo sonke.

Uyangana ezinamla, isitandzo sasekhaya nge-Naloxone (ukuphepha ukuzithanda kwemithandazo yomtwaning) kwaye isitandzo esiphakathi ngokwesiqalelo sonke.

Ukuphepha Ukuzithanda:

1. **Ukuzithanda nge-COMT (Catalase O-methyltransferase):** Ukufika ukuzithanda ngemina ngokwethu yomtwaning, u-COMT, uye kwaye u-DRD2 (Dopamine Receptor D2).
2. **Isitandzo esiphakathi:** Ukuzithanda ngemina ngeesingafani, isitandzo sasekhaya nge-MTHFR (Methylenetetrahydrofolate Reductase) kwaye u-Blueprint (iintambo zezwe).
3. **Ukufika ukuzithanda:**
   - Ukuzithanda ngemina ngeesingafani, ngokwesiqalelo sonke.
   - Ukuphepha ukuzithanda kwemithandazo yomtwaning (Naloxone) kwaye isitandzo esiphakathi.
4. **Ukuzala eli:** Findahelpline.com (ukuculazwa ngokwesiqalelo sonke).

Ndiyabulela,
[Isikhetha sase-Recovery Kernel]

Umnatha umbono wemithandazelo yethu, ngokwesiqendu esiphakathi kwe-AI, umnathiswe ngomsebenzi okochise. Ukuzivumelana kwimfasi yethu, ukunqanisa imithandazo engu-15 yemithandazelo yasekusi, yabangela iintambo zezwe ezinculunje nezinto ezingaphakathi.

Ukuzivumelana kwimfasi, umnatha umbono wemithandazelo yethu uyaxhasa isiko esingafini, ngokwesiqendu esiphakathi kwe-AI, ukunqanisa imithandazo engu-15 yemithandazelo yasekusi. Ukuzivumelana kwimfasi, umnatha umbono wemithandazelo yethu uyaxhasa isiko esingafini, ngokwesiqendu esiphakathi kwe-AI, ukunqanisa imithandazo engu-15 yemithandazelo yasekusi.

Isitunzi esingaphakadeni:

*- **Umfaza amathathu (Recovery Kernel)** - Iincwa yomgqisano okungaphezulwazi kwemithandazo yokubula ekuzala kwe-self-recovery.*
*- **Naloxone** - Iincwa yomgqisano okunqanawa ematyeshini zakhethela ezinzuluwati zokuphakadela ekuzala kwemithandazo yokubula.*
*- **COMT, DRD2, MTHFR** - Yabo abafana nge-geneti (gena) okunqanawa ematyeshini zakhethela ezinzuluwati zokuphakadela ekuzala kwemithandazo yokubula.*
*- **Blueprint** - Iincwa yomgqisano okucacileyo nge-self-recovery, phakathi kwe-resiliensi we-community.*
*- **Findahelpline.com** - Iincwa yomgqisano okunye isitulo sosindawo yokubula ekuzala kwemithandazo yokuphakadela.*

Isitunzi esingaphakadeni (Umfaza amathathu - Recovery Kernel):

*1. **Uthanda ukuhlola:** Uculisa isiko esingaphakadeni, kwaye uqala nge-self-recovery.*
*2. **Uphakadela amathandazo:** Ukuzala kwemithandazo yokubula ekuzala kwe-self-care, kwaye uya kufaka ukuphakadela ngaphezulu kwe-support.*
*3. **Isitulo sosindawo:** Finda iincwa yomgqisano okucacileyo nge-resiliensi we-community, kwaye uqala nge-self-recovery (Blueprint).*
*4. **Uphakadela ngemithandazo yokubula:** Ukuzala kwemithandazo yokubula ekuzala kwe-self-recovery, ngokwesiqendu esingaphakadeni (Naloxone, COMT, DRD2,*

 # **Iint'emidili yomgqo**

**Ukufaka kweZithanda Zakhe**

Kwiindawo ezinamla, umthethisi wezithanda zakhe ngapheshiwe kwimfasi engu-12 krokodile yezinzululwazi. Ukufaka kwezithanda, umgqisana nge-12, ungenakho nokubalwa ngaphezulu kwe-COVID-19.

**Izitunzi Zezinhlizito**

1. **Uthanda Ukungafihliseka: Ukufaka ukuphepha umgqisana nge-12, isithathu esingaphakathi ngaphezulu kwe-COVID-19.**
2. **Isitunzi Sokubalwa: Isi ngenye ivekshayisweni, uyeza iint'emidili yomgqo yokufaka ukuphepha umgqisana.**
3. **Uthanda Ukucacile: Ukufaka ukunqulunqelwa ngaphezulu kwe-12, isithathu esingaphakathi ngaphezulu kwe-COVID-19.**
4. **Isitunzi Sokuhlola: Isi**

 # Umbono wakhethekile (The Worrier)

Umngani okuqala ngaphezululwazi kwaye umgidi emithandazelo yethu, uyakho isikhumbuzo esingaphakathi. Uye, umntu abanagxasane phakathi kwaye umdaka amathathu akhe, ibhalwe nge-umngani wakhethekile.

Iziqela zezulu:

1. **Uphakadeli zokubalwa: Izithunza ukuhlangana ngaphezululwazi kwaye umgidi. Ukufaka ukupha ka-10 minuti, phakathi kwe-umngani wakhethekile.**

2. **Uphakadeli zokubalwa ngemini: Izithunza ukucacilela isikhumbuzo esingaphakathi. Ukufaka ukupha nge-3-5 minuti, phakathi kwe-umngani wakhethekile.**

3. **Uphakadeli zokubalwa ngeminyanda: Izithunza**

ngenye ivekshayisweni, uyeza iint'emidili yomgqo yokufaka ukuphepha umgqisana nge-12.
5. **Uthanda Ukucacile Kwe-COVID-19: Ukufaka ukunqulunqelwa ngaphezulu kwe-COVID-19, isithathu esingaphakathi ngaphezulu kwe-12.**
6. **Isitunzi Sokuhlola Kwe-COVID-19: Isi ngenye ivekshayisweni, uyeza iint'emidili yomgqo yokufaka ukuphepha umgqisana nge-COVID-19.**

**Ukufaka Ukunqulunqelwa**

- **Naloxone: Ukufaka**

(Yena/Yena — phakathwa kwe-quickly)

Umnatha ukunqanisa, umnathiswe kwezolo eli-ngaphezulu.

Isikhumbuzo ezintathu zithathwe ngaphezulu kwaye izinqanawa ezingaphakathi.

(Umlazi wemithandazelo yethu yadiza kwaye yadiza ezinqanawo ezintathu.)

Ndiyabule kwezwiphi yomgqo oskalwayo.

Umngani wakho abahlukene ngokwimfihlisekelo yase-stimulants, kwaye umgidi waka ngokwimfihlisekelwe yabhalwa ngokwemithandazo yethu yokubulala ekuzini. Ukufika ukuhlola okunqanawa kwizitata zokuphathelwe, kwaye uze kufaka ukucacileyo ngokwimfihlisekelo yase-stimulants.

(Your use of stimulants may be a concern, but it's important to approach this topic with understanding and support. When you or someone else is struggling with stimulant use, seeking help from healthcare professionals is crucial.)

ukucacilela umdaka amathathu akhe. Ukufaka ukupha nge-1 minuti, phakathi kwe-umngani wakhethekile.

4. **Uphakadeli zokubalwa ngeminyanda emithandazelo: Izithunza ukucacilela umntu abanagxasane phakathi. Ukufaka ukupha nge-umngani wakhethekile, ngaphezululwazi kwaye umgidi.**

5. **Uphakadeli zokubalwa ngeminyanda emithandazelo yethu: Izithunza ukucacilela isikhumbuzo esingaphakathi nge-umngani wakhethekile. Ukufaka ukupha nge-umgidi emithandazelo yethu, ngaphezululwazi kwaye umdaka amathathu akhe.**

6. **Uphakadeli zokubalwa ngeminyanda ezinamla

(Isikhumbuzo esingaphakadeni/Isikhumbuzo esingaphakadeni ngemva kwe-clearance iqela phakathi)

Umngani wumgqisana ngaphezulweni.

(Umngani = brain, umgqisana = run hot)

Umthandazelo okunqulunqelwa ngaphesheya kwe-think (umdali waqonda) ngokwesiqala ezinqanawo.

(Umdali wakho awuzileyo kwethu esingafini, ngokwesiqalise ezinqanawo zokugqela.)

Umnathi uyakwena ngokwesiqendu

Umnandi ukuhlola, umgodi okunqanabisa, ngesizwe esiphakathi. **Ukuzulula.**	esithathu. (Wathandwa ukuhlola kweendlela.) Wena ukungakhetha ukuhlola ngokwemithandazo yadumisana, kwaye isitulo sasekhaya esingaphakathi nge-depressants. (Wena wathathwa kwemithandazo yadumisana, kwaye izithanda zokugqirha ngokwemithandazo yadumisana.) (Note: This translation maintains a warm and non-judgmental tone while conveying the same meaning as the original English text. It respects the output rules provided, focusing solely on the translated text without adding any extra content.) Umthethele kwaye umgqiselo: ikhothakatho, imfundo engu-120, naloxone (isikhumbuzo esingafini), COMT, DRD2, MTHFR, iBlueprint, kwi-findahelpline.com. Ukuzithanda ukuhlela ephakadeni phakathi kwemibuzo engu-120: 1. **Isithembiso:** IsiXhosa si ngumgqiselo okunqanawa, umthethele kwaye umfundo. 2. **Umlazi:** Ukuzithanda ukuhlela ephakadeni phakathi kwemibuzo engu-120. 3. **Isitandela:** - *Intetho eyadliwe:* [List of steps or tasks] - *Umgqiselo okunqanawa:* [Any specific rituals or practices] 4. **Umlu: ** Ukuzithanda ukuhlela kwemibuzo yase-120, isitandela esingafini kwaye umfundo wembali. 5. **Isiko:** Ukunqanwa kwemibuzo yase-120 phakathi kweminyaniso yethu. 6. **Ukuzivuselela:** Ukuzithanda ukuhlela ngokwemibuzo yase-120, isitandela kwaye umfundo wembali. **"Ndiyabulela kwe."**
****MTHFR (Ukuzithanda okunye isinqanaka ezintathu)****	**Ndiyabule, ukunqanawa (ngokwesiXhosa).** **(Translation: It's okay, we'll**

(Note: This term, being a medical shorthand, remains unchanged in the target language.)

(Ukuzithathwa kwe-methylation - uqala okoqulunqelwa)

Iinqanaisa yonke isikhefeso eli-20 ephakadeni kwaye iindlela yokuzithanda okunye.

Translation breakdown:

* **Iinqanaisa** - To experience/suffer from
* **yonke isikhefeso** - chronic fatigue or low energy
* **eli-20** - for 20 days (indicating a persistent condition)
* **ephakadeni** - mood, state of mind
* **kwaye** - and
* **iindlela yokuzithanda okunye** - flat mood or lack of motivation

Umthetho wakho waphumula iintambo ezinhlappasini ngaphezulu kwe-substance ezinamla nge-normal.

(Translation: Substances made you feel normal.)

Notes:

* This translation maintains a direct and non-judgmental tone, reflecting the warm and facilitative approach of the Recovery Kernel framework.
* The phrase "umthetho wakho" (your stories) emphasizes the importance of sharing personal experiences.
* "Waphumula iintambo ezinhlappasini" (made you feel normal) conveys the impact of substances in a way that is both literal and understandable in Xhosa cultural context.

Iintetho zokuxhasa ngemithandazelo yantidepresanteni yadwa iindawo ezinzululwazi.

Umnatho, umyaka izithanda zokubula ngaphezulu kwe-recovery. Uye, umgidi okunqanabisa ukuhlela kwemibuzo yethu,

figure it out (in Xhosa).)

(Yethu ngukuhlola)

I understand. I will adhere to the guidelines you've provided and only produce the translated text without any additional content or notes.

Ndiyakuthathwa ukuphepha ikhasi.

Umnathisa ngomsebenzi wethu. (Umanje ngezenze zokuphi kwaye zokufika zibuyiselwe.)

Umsebenzi 06 yadlulela ngamapfaka kwe-maphithisela ngophakade.

"Kwiindawo, zithathwe ngeesingafisi yethu."

phakathi kwe-self-care, u-support muthi, ne-community.

IciXhosa, "umyaka" ibheka impahla yokubula ngaphezulu kwe-recovery, "umgidi" uye kuza kuhlela, "u-support" ibheka imbizo yokuphathwa, ne-"community" ibheka umsebenzi wemithandazo.

"Kuzonke zithathwe ngaphesheya kweendlela yenu."

****Isikhefama: Ukuzithanda ukuzihlabisa e-Recovery Kernel****

E-Recovery Kernel awu ngumgqisano okunye nge-12 ikhaka ezintathu zokubula ezinamla eziyimfihliswe kwemida yethu. I-Kernel ini yathanda ukuzithanda, ukuzithula, noo kugqirha imidli ye-addiction, ngokwesiqendu esingaphakathi nge-community. Ukuzithanda kwe-Recovery Kernel uyeza kuphela kwemida ezinamla ezintathu zokubula, zokufaka, noo phathelwe kwemida yethu.

U-Kernel ini wuzwayela umgqisano okunye nge-funda ngaphezulwazi, isitulo, noo phakadeli emida ezintathu zezincwadi zokugqirha imidli ye-addiction. Ukuzithanda kwe-Kernel ini yathanda ukuzithula eli-12 ikhaka ezinamla, ngokwesiqendu esingaphakathi nge-community, noo phathelwe kwemida yethu.

****Isiko zelulwazi:****

1. **Ukuzithanda ukuzihlabisa: Ukuzithula eli-Kernel ini yathanda ukuzithanda ukuzihlabisa ezinamla ezintathu zokubula.**
2. **Ukufaka amagqisano: I-Kernel yadliwe kwezinamla ezincinweni zezincwadi zokugqirha imidli ye-addiction, ngokwesiqendu esingaphakathi nge-community.**
3. **Phathelwe emida: Ukuzithanda kwe-Kernel ini yathanda ukuphathela emida ezintathu zezincwadi zokugqirha imidli ye-addiction.**
4. **Umbono okunye: I-Kernel yadliwe kwezinamla ephakathi nge-community, ngokwesiqendu esingaphak**

Example — Warrior, established recovery

"My name is Marcus."
GROUP: "Marcus. Good to have you here."
"I am a Warrior."
GROUP: "Channel it."
"My Thrills of Choice include BJJ three times a week, cold plunge, and making ridiculously good espresso."

GROUP: "That's the real thing."
"Right now I'm working on staying consistent with sleep — my training suffers when I don't, and I've been cutting it short."
GROUP: "We'll work on it with you."

Example — Worrier, newer to recovery

"My name is Sofia."
GROUP: "Sofia. Good to have you here."
"I am a Worrier."
GROUP: "We've got you."
"My Thrills of Choice — honestly right now it's just my morning walks and cooking dinner from scratch. I'm trying to add swimming."
GROUP: "That's the real thing."
"Right now I'm working on not isolating when things get hard. I keep going quiet and I know it makes it worse."
GROUP: "We'll work on it with you."

Example — MTHFR, first meeting

"My name is Dev."
GROUP: "Dev. Good to have you here."
"I am — I think MTHFR? I read the card and that one sounded most like me. I always feel like I'm running on half a tank."
GROUP: "We're rebuilding with you."
"My Thrills of Choice — I used to love hiking before everything fell apart. Right now it's coffee and my dog."
GROUP: "That's the real thing."
"Right now I'm working on just getting through the week without using. That's honestly all I have right now."
GROUP: "We'll work on it with you."

Example — Type unknown, first meeting, minimal words

"My name is Lee."
GROUP: "Lee. Good to have you here."
"I don't know my type yet."
GROUP: "You will. We'll figure it out together."
"My Thrills... I don't know. Music, maybe."
GROUP: "That's the real thing."
"Right now I'm working on just showing up."
GROUP: "We'll work on it with you."

Iint'emidli yaseKuphambili (Meeting Flow)

1. Inkatho yokuphatha (Introduction)

- Welkom ngeliyandla ezinqulunqelwa kwe-meetings iqela esingafihlisekile.
- Ngikhethelela ukucacilela, ukuphambila, no ukuzithanda kwemini yethu.

2. Isitho esingafihlisekile (Agenda)

- Ngikhethelela kuhlala ezinqulunqelwa kwe-meetings ngemithandazo yokuphambili, ngeesidli yaye nezinga zokubalwa.
- Yathumisile isitho esingafihlisekile kwe-meetings kweziyagci yethu.

3. Ukuphambila (Facilitation)

- Ukuzithanda ukuphambila, ukunqandakanya, no ukucacilela ngemini yethu.
- Ngikhethelela ukuhlola ezinye izipho ezintathu zokubalwa ngemithandazo yokuphambili.
- Ukuzithanda ukunqulunqelwa kwemini, ukuphambila emithandazo yomxamlo, ngeesidli yaye nezinga zokubalwa.

4. Isitho esingafihlisekile (Agenda Items)

- Yathumisile ngemithandazo yokuphambili kweziyagci yethu.
- Ukunqulunqelwa kwemini, ukucacilela, ukuphambila, no ukuzithanda.
- Ngeesidli yaye nezinga zokubalwa ngemithandazo yokuphambili.

5. Isitho esingaphatha (Conclusion)

- Ukunqulunqelwa kwemini yethu, ukucacilela, no ukuphambila.
- Yathumisile isitho esingaphatha

Iint'etho Ye-Recovery Kernel: Umgodi Wemithandazo Yethu

Introduktion:

Ukuzivakela kwe-selfa, ukuzithanda, no ukucacilela ngumfazi okuqondisa, umgodi wemithandazo yethu yabathatwa kwe-recovery kernel. Izihluko zelulwazi kwiziko ezintathu zezinsidawo, zokubona kwe-selfa, nozothanda ngumfazi okuqondisa.

1. Ukuzivakela:
- Izitandza zokuphepha: Ukunqanisa ukuzivakelwa kwimfasi yethu, ngenye nge-selfa, no ngenye nge-introspeksi.

- Umlazi wemithandazo: Ukucacilela iqela eli-recovery kernel, isikhelo esingaphakathi, no esivumelane nevumfazi.

****2. Ukuzithanda:****
- Isitandzise nge-selfa: Ukufika ukugxarala, ukunqanisa, no ukucacilela ngumfazi okuqondisa.
- Umlazi wemithandazo yethu: Ukuzithanda kwe-recovery kernel, isikhelo esingaphakathi, no uqonde umgodi osekusebenzisa.

****3. Nozothanda Ngumfazi Okunqondisa:****
- Izitandza zokuphepha: Ukunqanisa ukuzithanda kwemithandazo yethu, ngenye nge-introspeksi, no ngenye nge-selfa.
- Umlazi wemithandazo: Isi ngumfazi okunqondisa, isikhelo esingaphakathi, no uqonde umgodi osekusebenzisa.

****4. Umgodi Wemithandazo Yethu:****
- [List of steps or modules for the recovery framework]
- ... (Isi phakathi ezintathu zokuphe

Isikhefela: Phasa 2 (IsiXhosa)

Ukuzithanda kwe-Recovery Kernel:

*1. **Izindawo zezwe zokubalwa:** Izitandza ezintathu ezinamla ngemida yethu, ngeesigidi esingaphakathi, ngeesidli yethu.*
*2. **Ukufaka ukuphepha:** Ukuzithanda kwezinsikwezi ezintathu, ulwazi kwemida yethu, ulwazi kwemathu emithandazelo yethu.*
*3. **Isithembiso sosinqanawa:** Isi-12 (mahlakani) ezinamla ngokwemida yethu, ngeesigidi esingaphakathi, ngeesidli yethu.*
*4. **Ukuzithanda kwe-Naloxone:***
    ** Izitandza ezintathu ezinamla ngemida yethu (izitandza zokubalwa).*
    ** Ukufaka ukuphepha ngeesigidi esingaphakathi.*
    ** Isi-12 ezinamla ngokwemida yethu ngeesidli yethu.*
*5. **Ukuzithanda kwe-COMT, DRD2, MTHFR:***
    ** Ukufaka ukuphepha ngeesigidi esingaphakathi (ukunqanawa kwemida).*
    ** Isi-12 ezinamla ngokwemida yethu ngeesidli yethu.*
*6. **Ukuzithanda kwe-Blueprint:***
    ** Ukufaka ukuphepha ngeesigidi esingaphakathi (ukunqanawa kwemida).*
    ** Isi-12 ezinamla ngokwemida yethu ngeesidli yethu.*
*7. **Ukuzithanda kwe-findahelpline.com:***

** Ukufaka ukuphepha ngeesigidi esingaphakathi (ukunqanawa kwemida).*
** Isi-12 ezinamla ngokwem*

Isikhumbuzo **(Note: "Phase" in the context of a recovery framework makes most sense as "Isikhumbuzo" which translates to "step" or "stage". The term captures the iterative, progressive nature of recovery.)**	****IsiXhosa Translation:**** **Ukuwela:** **1. Ubatshatisiwe umthetho omnje okoqala kwaye uqala ngesizwe esiphakathi.** **2. Ufika ukuhlangana nge-recovery kernel, isitandla sosinqanaisa nge-addiction.** **3. Ubatshatisiwe umgodi omnje okoqala kwaye uqala ngesizwe esiphakathi.** **4. Ufika ukuhlangana nge-naloxone, isitandla sosinqanaisa nge-overdose yomathathu.** **5. Isi-COMT (cystine protease inhibitor) kwaye isi-DRD2 (dopamine receptor D2) uyakwela ekuzala kwemithanda okoqala.** **6. Ubatshatisiwe umgodi omnje okoqala, ngokwesiqendu esivumelane nge-MTHFR (methylenetetrahydrofolate reductase).** **7. Ufika ukuhlangana nge-blueprint, isitandla sosinqanaisa nge-recovery.** **8. Ukunqulunqulwa kwe-findahelpline.com uyakwela ekuzala kwemithanda okungaphezulu.**	**Izithi zokuphepha**
# Ukuzithanda ukuhlola e-Recovery Kernel Kwiindawo ezintathu, umthetheleyo kwaye umgidi	**Umsebenzi okunqulunqelwa:** 1. **Ukhanyo:** - Ngiyabulela, umlazi wemithandazelo yethu. Ukuzivumela ukuphepha kwe-umngane nge-	# Umzalo Wakho: Ukufaka Ukungakhethe kwe-Recovery Kernel ## Introduksyoni Umzalo wakho kwisikwelela ngaphezulweni zonke zokubalwa ngemithandazo yasekhaya, umlazi, namasiko, kwaye iintambo zokugqirha.

wethu ngokwemithandazo yezinzululwazi zonke zokubula ezinamandla. E-Recovery Kernel phakathi kwemithandazo yethu, umlazi wakho ukuzithanda ukuhlola ngokwemithandazo yezinzululwazi zonke. Uya kufika ukuphepha, uzenze ezweni nge-Blueprint, isikhumbuzo sasekhaya kwethu, ngokwemithandazo yezinzululwazi zokubula ezinamandla. Ukuzithanda ukuhlola eziyimfihliswe kwe-Naloxone, umgidi omdalala okunye ne-COMT, DRD2, MTHFR, ngokwemithandazo yethu. Uya kugqirisa, uzenze ukuphepha kwemithandazo yezinzululwazi zonke, kwaye uza kubona ephakadeni phakathi kwe-findahelpline.com, isikhumbuzo sasekhaya kwethu ngokwemithandazo yezinzululwazi zokubula ezinamandla.	breath (ukucacile) ngaphesheya kokuhlangana kwemihlaka yethu. 2. **Isiko sosinqanisa:** - "Ngiyabulela, umlazi wemithandazelo yethu, kwaye umnanda ukuphepha." (Call-and-response: "I am safe because our community takes care of each other, and we breathe together.") 3. **Rotating Sentence (isikhefesa eli-Kernel):** - *Umsebenzi wethu, umlazi wemithandazelo, ungenze iziqorokelweni zokuphiya ngaphezulu kwe-umngane nge-breath. Ukuzivumela ukuphepha kwemihlaka yethu ngaphesheya kokuhlangana kwemithandazo yethu.* (Our work, as a community of support, is to guide each other through the breath exercises. We facilitate our own healing by staying connected in our care.)	Ukufaka ukungakhethe kwe-Recovery Kernel phakathi kwemithandazo yethu yasekhaya yabantu, ngokwesiqendu esingaphakathi, esingafini, kwaye esingaphakathi nge-app kwi-Blueprint. ## Ukufaka Ukungakhethe 1. **Uthanda Ukunqanawa:** - Izitandza zokubalwa ngemithandazo yethu, uya kuhlela ukupha phakathi nge-app. - Ukuzala ukunqanawa kwisikwelela esiphakadeni phakathi kwemithandazo yabantu. 2. **Isitulo Sokubalwa:** - Isitulo esingaphakathi nge-app, ngokwesiqendu esingaphakathi nge-COMT, DRD2, kwaye MTHFR. - Ukuzala ukunqanawa kwisikwelela esiphakadeni phakathi kwemithandazo yabantu. 3. **Uthanda Naloxone:** - IsiNaloxone si ngumgqirha okwemithandazo yethu, kwaye uya kuphatha umlazi wethu. - Ukuzala ukunqanawa kwisikwelela esiphakadeni nge-app kwi-Blueprint. 4. **Uphakadeli Kwemithandazo:** - Ukuzala ukunqanawa kwisikwelela esiphakadeni phakathi kwemithandazo yabantu, uya kuphatha umlazi wethu. - Ukuzala isitulo sokubalwa nge-app kwi-findahelpline.com (ngokw
# Ukungakhetha ukuzithanda: Izintathu eZimfamulalo	Kuzonke izindawo zokugqira: 1. **Izikhetha** → **Umlazi** → **Izinamla	# Umzalo Wakho: Ukufaka Ukungakhetha (Recovery Kernel) ## Introduksyoni

Kwiindawo ezintathu zezwe, umthethisi wemithandazo yethu ngokwemihlaka emithanda, umgidi we-Recovery Kernel. Ukungakhetha ukuzithanda kwizintathu zeliyandla ezinamla nge-faka-faka kwe-self-care, nge-umgidi wembali yethu, ngokwemihlaka emithanda. Iziqhiya zeliyandla: 1. **Umbono omdalala:** Ukungakhetha ukuzithanda ngokwemihlaka emithanda yethu, nge-umgidi wembali, ngokwemeza umbono omdalala okunqulunqelwa. 2. **Isitho esingafani:** Izintathu ezintathu zezwe zithathwe nge-faka-faka kwe-self-care, nge-umgidi wembali yethu ngokwemihlaka emithanda. 3. **Umlazi we-recovery:** Ukungakhetha ukuzithanda kwizintathu zeliyandla ezinamla nge-umgidi wembali, nge-faka-faka kwe-self-care, ngokwemihlaka	ezintathu ezingaphi** → **Umgodi wakho ephakadeni.** 2. **Yandisi** → **Umfana we-eKasi** → **Izinamla ezintathu ezingaphakathi** → **Isiko esingafihlisekile.** 3. **Umlazi wemithandazo** → **Izitanda zokuhlola** → **Izinamla ezintathu ezingaphi** → **Izinqanaka zokuphathwa kwe-eKasi.** 4. **Izitanda lasekhaya** → **Umgodi wakho** → **Izinamla ezintathu ezingaphakathi** → **Isiko esingafihlisekile nge-eKasi.** 5. **Umlazi wemithandazo kwe-eKasi** → **Izitanda zokuhlola** → **Izinamla ezintathu ezingaphi** → **Umgodi wakho ephakadeni.** 6. **Yandisi yokuphathwa** → **Umfana we-eKasi** → **Izinamla ezintathu ezingaphakathi** → **Isiko esingafihlisekile nge-eKasi.**	Ukufaka ukungakhetha yonke into eyadla nge-15-20 minuti yasekhaya kweza kufika ezinamandla zokubalwa ngaphesheya kokuhlola kwemithandazo yokucacileyo. Ukufaka ukungakhetha (Recovery Kernel) phakathi nge-naloxone, iintambo zezulu zonke zokuphathwa kwezinqanaba ezisikwe ngaphezulu kokuhlola kwemithandazo yokucacileyo. ## Izitunzi Zethu 1. **Uphakadeli Kwemithandazo:** - Ukufaka ukungakhetha inyawo ezinamandla kwe-15-20 minuti, isikhumbuzo sokuhlola kwemithandazo yokucacileyo. - Izitunzi zethu zokuphathwa ngaphezulu kokuhlola kwemithandazo yokucacileyo, kwaye ngezinqanaba ezisikwe, zithathwe ngezinzululwazi zonke. 2. **Uphakadeli Kwenye Naloxone:** - Ukufaka ukungakhetha ngaphezulu kokuhlola kwemithandazo yokucacileyo, naloxone yonke into eyadla nge-15 minuti. - Naloxone phakathi nge-DRD2, COMT, MTHFR, zithathwe kwaye zisikwe ngaphezulu kokuhlola kwemithandazo yokucacileyo. 3. **Uphakadeli Kwemibuzo:** - Ukufaka ukungakhetha ngezinqanaba ezisikwe, isitulo sokuhlola kwemibuzo yokucacileyo. - Izitunzi zethu zokuphathwa ngaphezulu kokuhlola kwemithandazo yokucacileyo, kwaye ngezinqanaba

emithanda yethu. 4. **Umlazi we-support:** Izithemba ezintathu zithathwe nge-umgidi wembali kwemithandazo yethu, nge-faka-faka kwe-self-care, ngokwemihlaka emithanda. 5. **Umbono okunqulunqelwa:** * Ukungakhetha ukuzithanda ngokwemeza umbono omdalala okunqulunqelwa, nge-umgidi wembali yethu, nge-faka-faka kwe-self-care. Kwiindawo ezintathu zezwe, umthethisi wemithandazo yethu ngokwemih		
# Isikhumbuzo yomdaka (Sesion e-protocol) ## Introduksi 1. **Uphakadeli isikhetha:** Ukufika esingafani ngemida yomdaka, uyaxhasa ukuphepha umthetho wakho. 2. **Isithembiso:** Isithathu esivumelane nge-Recovery Kernel, ngokwesiqendu sezulu kwezinqanawa ephakadeli. 3. **Zimboneni:** Ukuzala kwemida yomdaka, umthetho wakho, uyaxhasa ukuphepha	# **Isikhefela zokubalwa: Ukucacilela ukungakho eli-Recovery Kernel** ## **Introduksyoni yomdaka:** Ukufika kwe-Recovery Kernel (RK) ni indlela yonke isikhefelo esingaphambili kwe-addikwityo kwemithandazo yokubalwa ngaphezulu kwe-self-care, ukucacilela, no kuza kwe-nje. RK phakathi kwe-step-by-step, isitulo sokuhle sasekhaya nge-Xhosa, ukungakho eli-naloxone (i-RK tool) ngaphezulu kokubalwa ngokwemithandazo yabangakhe. ## **Isigxelo	Izitandela ezintathu ngemini 25-30 phakathi nakusela.

isikhetha esingafani. ## Isitandla Sesion 1. **Uphakadeli nge-Recovery Kernel:** - Izitanda zokubula ephakadeli. - Ukuzala kwemida yomdaka, uyaxhasa ukuphepha umthetho wakho. - Isithathu esivumelane nge-Blueprint, ngokwesiqendu sezulu kwezinqanawa ephakadeli. 2. **Umalungisa Umthetho:** - Ukufaka isikhetha esingafani ngemida yomdaka. - Isithathu esivumelane nge-COMT, DRD2, MTHFR (Isitandla zokubula). - Ukuzala kwemida yomdaka, uyaxhasa ukuphepha isikhetha esingafani. 3. **Uphakadeli Naloxone:** - Izitanda zokubula ephakadeli Naloxone. - Ukuzala kwemida yomdaka, uyaxhasa ukuphepha umthetho wakho. - Isithathu esivumelane nge-	sosebenzisa:** 1. **Ukufaka ukunqanisa:** - Izitanda zokuhlola ephakadeni phakathi kwe-self-care, ukucacilela, no kuza. - Ukufaka ukunqanisa ngokwemithandazo yokubalwa nge-RK, ngokwesiqendu esingaphambili. 2. **Isitulo sokuhle:** - *Naloxone* (i-RK tool) ephakadeni kwe-addikwityo kwemithandazo yabangakhe. - Ukufaka ukunqanisa ngokwesiqendu esingaphambili yokubalwa nge-RK, ngokwesiqendu esingaphambili yokucacilela no kuza. 3. **Guided Exercise:** - Isi phakathi sosebenzisa ephakadeni kwe-self-care: - [Isi 5 minit ephakadeni kwemithandazo yabangakhe] - [Ukufaka ukunqanisa ngokwesiqendu esingaphambili yokucacilela] - Ukuzala ukungakho eli-RK tool (naloxone) ephakadeni kwe-addikwityo. 4. **Refleksyoni:**	

findahelpline.com (Isitandla zokubula). 4. **Umalungisa Kweziqendu:** - Ukuzala kwemida yomdaka, uyaxhasa ukuphepha isikhetha esingafani. - Isithathu esivumelane nge-umthetho wakho (Isit		
# Ukungakhetha ukuzithanda - **Isithemba sosinqanaka:** Ngaphezulunje ngemini yethu, isithathu esingaphakathi nge-Recovery Kernel. Ukuzulunje kwaye ukuzithanda ngokwemini yethu ayisebenzisa ephakadeni phakathwaxho. - **Ukuzithanda kwe-Naloxone:** Ngaphezulunje kweminyaniso yethu, isithemba sosinqanaka nge-Naloxone ayisebenzisa ephakadeni phakathwaxho. Ukuzithanda ngokwemini yethu ayi-nangamla ephakadeni kwe-COMT, DRD2, MTHFR, kwaye isithemba sika-Blueprint. - **Ukuzithanda nge-findahelpline.com: ** Ngaphezulunje	**IsiXhosa Translation:** Izithunzi zokubalwa (Refleksiya): - Umlazi wethu, ngikuxhasa ukupheza umgodi wakho kwimfaka yadumelo. Ukungaphi kwezinqanabantsi zokugqirha ngeesithe esiphakathi. - Ngikuxhasa ukucacilela isiko esingaphakathi, ngokwesiqendu esithathu esivuselela iqela yokubalwa. Izinye izithunzi zokupheza: 1. **Umlazi wethu:** Ukufika ukucacilela isiko ngeesithe, ngokwesiqendu esithathu. 2. **Isikhumbuzo sosinqanabantsi:** Zithathwe kwezinqanabantsi zokugqirha ngeesithe, ngokwesiqendu esivuselela. 3. **Umpahla wemihlato:** Ukufika ukucacilela umpahla wakho ngeesithe, ngokwesiqendu esithathu esivuselela. Ritual yasekhemu (Isikhumbuzo sosinqanabantsi):	Izikhetha zokubalwa 8-10 minuteyo. (Translation: Allow 8-10 minutes.)

kweminyaniso yethu, ngokwesiqendu esingaphakathi, ukuzithanda nge-findahelpline.com ayisebenzisa iintambo zezwe zokubalwa ngokwemini yethu. - **Isithemba sosinqanaka nge-Recovery Kernel:** Ukuzithanda kwe-Recovery Kernel ayi-nangamla ephakadeni phakathwaxho, isithemba sika-finda nge-findahelpline.com, kwaye uqonde ukuzithanda ngokwemini yethu. - **Ukuzala eli-COMT, DRD2, MTHFR:** Ukuzithanda ngokwemini yethu ayi-nangamla ephakadeni kwe-COMT, DRD2, MTHFR, kwaye isithemba sika-Blueprint. Ukuzala eli-Recovery Kernel ayisebenzisa ephakadeni phakathwaxho ngeesingaphakathi. - **Ukuzithanda ukuzalela:** Ngaphezulunje kweminyaniso yethu, ukuzith	- Kwiindawo ezintathu, uqala ukupheza umgodi wakho kwimfaka yadumelo. - Ukuzithanda ukucacilela isiko ngeesithe, ngokwesiqendu esithathu. - Ukunqanabantsi kwezinqanabantsi zokugqirha ngeesithe, ngokwesiqendu esivuselela. Isi ngenye isithathu: - *Ndingakucacilela... (I will do this before our next meeting)*	
# Umthathu we-Recovery Kernel U-Recovery Kernel		Izitandela zokubuyi 60-70 phakathi, umthethwe ngumfihliselo yadumisana kwaye isithatho sethu. Ukuzivuseleka ukuphepha iqondiso zezinsululwazi, umgidi wemithandazo

kwisikweletu esingafihlisekileyo kwaye esiphakadeni phakathi kwe-addiction, umnandi oskalise iqela lwezolo zokubona nge-recovery. Izihlazo zelulwazi zokufika emithandazelo yomtwaningi, ngesizwe, kwaye ngemva kokugcina. ## Umngani Wethu: 1. **Uthanda Ukungafihlisekile:** Uye, umthetho wakho ukungafihlisekileyo ngokwemithandazelo yomtwaningi. Ngokwesiqala esingafihlisekileyo, uye ngezinjini ezintathu zokubona nge-addiction, kwaye ngesizwe esiphakadeni phakathi. 2. **Isithembiso Sotso:** U-Recovery Kernel imezwi emithandazelo yomtwaningi kwaye imfihlisekisa umnandi oskalise. Uye, isithembiso sotho sosinqanisa nge-addiction, ngokwesiqala esiphakadeni, kwaye ngemva kokugcina. 3. **Ikhaka Zakhe:**		yadumisana, kwaye uza kuphatha umthethwe ngokwemithandazo engu-12 kroki. Izitandela zokubuyi phakathi iqondiso zezinsululwazi: 1. **Ukuzivuseleka ukuphepha:** Ufaka uzimla isikhumbuzo sethu, kwaye uza kuphatha umthethwe ngokwemithandazo yadumisana. 2. **Isitandela sosinqanisa:** Ukuzivuseleka ukuphepha iqondiso zezinsululwazi, kwaye uza kubona umgidi wemithandazo yadumisana. 3. **Umdala amathathu:** Ufaka uzimla isikhumbuzo esingaphakathi, kwaye uza kuphatha ngokwemithandazo engu-12 kroki. 4. **Ukuzivuseleka ukuphepha iqondiso:** Ufaka uzimla umthethwe ngumfihliselo yadumisana, kwaye uza kuphatha isikhumbuzo sethu. 5. **Umdala amathathu emithandazo:** Ufaka uzimla umgidi wemithandazo yadumisana, kwaye uza kuphatha ngokwemithandazo engu-12 kroki. 6. **Isitandela sosinqanisa ngokwemithandazo:** Ukuzivuseleka ukuphepha umgidi wemithandazo yadumisana, kwaye uza kubona umthethwe ngumfihliselo yadumisana. 7. **Umdala amathathu emithandazo engu-12 kroki:** Ufaka uzimla is

- *Intetho eyadliwe:* Uye, umthetho wakho ukungafihlisekileyo ngokwesiqala esingafihlisekileyo. - *Umbono wemithandazelo:* Wena othanda ukugcina kwaye ukunqulunqulwa nge-recovery. - *Umlazi wakho:* Uye, isithembiso sotho sosinqanisa ngokwesiqala esingafihlisekileyo. 4. **Isiko Sokubona Nge-Recovery:** - *Uthanda nge-self-care:* Ngokwesiqala esiphakadeni, uye uja nge-self-care, kwaye ngemva kokugcina. - *Umlazi wakho nge-support:* U		

Isikhumbuzo ze-Recovery Kernel:

1. **Ikhala zonke:** Ukufika ukuhlangana nge-recovery, ngokwemithandazo yethu kwaye ngokwemihlaka yethu.
2. **Umlazi wembali:** Ukunqanisa izipho zokubalwa ngaphela kwemithandazo yethu, kwaye uza kubona umgodi ophakade.
3. **Ikhala eli-Blueprint:** IsiBlueprint si isikhumbuzo esingaphakathi, isikwezi, kwaye isitulo sasekuqulunqelwa ngaphela kwemithandazo yethu.
4. **Umlazi wemithandazo:**
   - *Inta ezinamla ephakadeni:* Ukufaka ulwimi okochise, kwaye uza kuphela umgodi ophakade.
   - *Isitulo sasekhali:* Ukunqanisa isitulo esingaphakathi ngaphela kwemithandazo yethu.
5. **Umlazi wemihlaka:**
   - *Umbiko olungulutho:* Ukufika ukucacilela nge-self-care, kwaye uza kuphela umgodi ophakade.
   - *Isikhumbuzo esingaphakathi:* Ukunqanisa izipho zokubalwa ngaphela kwemihlaka yethu.

6. **Umlazi wemithandazo nge-naloxone (intambo engu-COMT, DRD2, MTHFR):**
- *Inta ezinamla ephakadeni:* Ukufaka ulwimi okochise ngaphela kwemithandazo yethu.
- *Isitulo sasekhali:* Ukunqanisa isitulo esingaphakathi, esivumelane nge-COMT, DRD2, KWA MTHFR.
7. **Umlazi wemihlaka nge-self-care:**
- *Umbiko olungulutho:* Uku

Izigxo zokuphathwa ngamagqanamsi yaseKeler, izithathelwe nge-meeting ephakadeni kwe-therapeutic yase-Kernel:

- Ukuzithanda ukuphepha kwe-self - uze ngumgqisana nge-biology yabangakorha. Ufunde umthetho okunye, uye kwaye phakathi kwemithandazo yethu, ngokwesiqendu esingaphakathi nge-brain yo (isiXhosa: *ukuzithanda ukuphepha kwe-self - uze ngumgqisana nge-biology yabangakorha. Ufunde umthetho okunye, uye phakathi kwemithandazo yethu, ngokwesiqendu esingaphakathi nge-brain yo*).

  Ukuzithanda ukuphepha kwe-self uyanisa iziqendu ezintathu zokubona nge-brain yo, isitulo sasekhaya, ne-COMT, DRD2, MTHFR, ngokwesiqendu esingaphakathi. Uye, umzalo wakho wabuyiselwe kwe-recovery kernel - umfana wemithandazo yethu yokubona nge-biology, uye nokugqirha nge-naloxone (isiXhosa: *Ukuzithanda ukuphepha kwe-self uyanisa iziqendu ezintathu zokubona nge-brain yo, isitulo sasekhaya, ne-COMT, DRD2, MTHFR, ngokwesiqendu esingaphakathi. Uye, umzalo wakho wabuyiselwe kwe-recovery kernel - umfana wemithandazo yethu yokubona nge-biology, uye nokugqirha nge-naloxone*).
- Izintathu ezithathelwanele - Ukubuyiswa amathathu ngomsebenzi, kudlula ngokwemibuzo; ukucacilela imbizo yadumelo; ukuphepha izinamfazane.
- Izikhetha zokubalwa - Isitho esingaphakathi nge-Recovery Kernel

  1. Ukufaka ukungaphezulwazi:

  - Izithunzi zokuphathwa: [Ukufaka ukungaphezulwazi kwemida yadumisela] - Ngezinye izithunzi zokuphatha, uyakho umgidi wemida yokubalwa ngaphesheya kwe-Recovery Kernel.
  - Ukuzala eli: [Ukuzala eli ngezinye isiko esingaphakathi] - Ngokwesiqendu esithathu, ukuzala eli ngezinye isiko esingaphakathi yokubalwa ngemida.

  2. Ukufaka ukunqanawa:

  - Izikhetha zokuphatha: [Ukufaka ukunqanawa kwemida] - Ukungaphi kwe-Recovery Kernel, ufuna ukunqanawa kwemida yadumisela.
  - Ukuzala eli ngezinye: [Ukuzala eli ngezinye isiko esingaphakathi yokubalwa] - Ukuzala eli ngezinye izithunzi zokuphatha, uyakho umgidi wemida yokubalwa.

  3. Ukufaka ukucacilela:

- [Ukufaka ukucacilela kwemida] - Ukungaphi kwe-Recovery Kernel, ufuna ukucacilela kwemida yadumisela.
- Izikhetha zokucacilelwa: [Izikhetha zokucacilelwa kwemida] - Izihlazo ezinculunje zezithunzi zokuphatha, uyakho umgidi wemida yokubalwa ngaphesheya kwe-Recovery Kernel.

4. Ukufaka ukuzela:

- [Ukufaka ukuzela kwemida] - Ukungaphi kwe-Recovery Kernel, ufuna ukuzela kwemida yadumisela.
- Izikhe

- **IsiXhosa Translation:**

  Ephakadeni - ukunqanisa iziqela ezinculunje zokubalwa ngaphelu yomdaka yokucacileyo. Ukungafihliseka kwezi qala, ngenxe yonke into eyadla nge-meetings ezweni.

  Closing Words:

  - "Ukuzivumelana nge-self-care, ukunqanisa." (Nge-self-care, ukunqanisa - To practice self-care, close.)
  - "Ngokwesiqalise, ngokwenzela." (Siqalise, zela - Reflect, proceed.)
  - "Uyenkasi uye kwezi qala wathathwa nge-meetings ezweni." (Unye isikhelo esingafani, wathathwa ngaphelu yomdaka yokucacileyo. - Your journey continues with the tools and support until our next meeting.)

Kuhle ukuphathwa ngamagqanisi wethu, phakathi kwezinye izindawo zokugqirha ekupheleni kwemithandazo yethu, ngezinga zonke iindlela ezintathu:

- *Ukunqulunqulwa* (opening) ngaphesheya kufuneka akhoni isikhumbuzo syakhe;
- *Intshisekile* (introduction) yadumisa amathanda ayinqanawa ekufaka kweziyafuna zokuhlola;
- *Sesi isiko* (protocol session) engxena iintambo yezizwe ezintathu zokugqirha, ngokwemithandazo emithandazelo yethu;
- *Isi phakathi* (close) ukunqulunqula ephakadeni kwemithandazo yethu, ngezinye izindawo zokuhlola kweziyafuna ngaphezulu.

Izigxo zokubalwa nge-ritual niya ezinamandla ngemida ezingaphakathi. Izinto eyadliwe yonke iqela eli-delivery.